

# Physical and mental wellbeing: true or false?

Decide if each of these statements is true or false and write your answer in the table below.

|  | True or false? |
|--|----------------|
| 1. Getting enough sleep helps the body to repair.  |                |
| 2. Having no sleep can help a person feel 'energised' – and gives them more energy to do the things they enjoy.  |                |
| 3. Exercise sends lots of blood to the brain. This can make a person feel more awake and help their concentration – both of which can make them feel good. |                |
| 4. While a person sleeps, information is moved from their short-term memory to their long-term memory.   |                |
| 5. Doing enjoyable physical activity can make people feel good.  |                |
| 6. Having a bath or a warm shower can help lower the heart rate and blood pressure, making a person feel more relaxed, which can also help with sleep.     |                |
| 7. Most people report feeling sadder and having lower mood after they exercise.  |                |
| 8. The recommended amount of sleep for young people is 5-6 hours a night.  |                |
| 9. Swapping to low sugar drinks or swapping sugary snacks for fruit and veg are the best choices and can help to keep the brain and body healthy.          |                |
| 10. When people sleep their body regulates hormones which can improve their mood.  |                |
| 11. Nuts, seeds and oily fish contain vitamins and minerals in them that are good for the brain.   |                |
| 12. When people exercise, their body releases hormones called endorphins. Endorphins are chemicals in the brain that make people sad and lower their mood. |                |

# Physical and mental wellbeing: true or false?

## Answers

|  | True or false?   |
|--|--|
| 1. Getting enough sleep helps the body to repair.  | <b>True</b>  |
| 2. Having no sleep can help a person feel 'energised' – and gives them more energy to do the things they enjoy.  | <b>False:</b> Having the right amount of sleep can help people feel 'energised' – and gives them more energy to do the things they enjoy.                                    |
| 3. Exercise sends lots of blood to the brain. This can make a person feel more awake and help their concentration – both of which can make them feel good. | <b>True</b>  |
| 4. While a person sleeps, information is moved from their short-term memory to their long-term memory.   | <b>True</b>  |
| 5. Doing enjoyable physical activity can make people feel good.  | <b>True</b>  |
| 6. Having a bath or a warm shower can help lower the heart rate and blood pressure, making a person feel more relaxed, which can also help with sleep.     | <b>True</b>  |
| 7. Most people report feeling sadder and having lower mood after they exercise.  | <b>False:</b> Most people report feeling happier and having a better mood after they exercise.   |
| 8. The recommended amount of sleep for young people is 5-6 hours a night.  | <b>False:</b> The recommended amount of sleep for young people is 8-10 hours.  |
| 9. Swapping to low sugar drinks or swapping sugary snacks for fruit and veg are the best choices and can help to keep the brain and body healthy.          | <b>True</b>  |
| 10. When people sleep their body regulates hormones which can improve their mood.  | <b>True</b>  |
| 11. Nuts, seeds and oily fish contain vitamins and minerals that are good for the brain.   | <b>True</b>  |
| 12. When people exercise, their body releases hormones called endorphins. Endorphins are chemicals in the brain that make people sad and lower their mood. | <b>False:</b> When people exercise, their body releases hormones called endorphins. Endorphins are chemicals in the brain that make people feel good and improve their mood. |