



# Stay Active, Don't Sit for Too Long

## 1. Tick the correct option -

- a. What is one major benefit of staying active?
- It reduces your need for sleep
  - It improves concentration and memory
  - It makes you feel tired all the time
  - It decreases your ability to socialize
- b. Which of the following is a good way to stay physically active?
- Playing outdoors regularly
  - Sitting for long hours without moving
  - Using elevators instead of stairs
  - Watching screens during every break

## 2. Select the Cards: Which hormones are released when you play outside?

Dopamine

Adrenaline

Melatonin

Oxytocin

Insulin

Serotonin

Cortisol

Endorphins

## 3. Fill in the blanks-

- a. Playing outside improves sleep, mood, and focus by releasing \_\_\_\_\_ hormones.
- b. Regular exercise keeps \_\_\_\_\_, \_\_\_\_\_, lungs, and brain healthy and full of energy.
- c. Taking \_\_\_\_\_ breaks boosts blood flow and refreshes your mind.
- d. Playing outside strengthens bones and helps your body get \_\_\_\_\_ from sunlight.