

4 GET ACTIVE



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.