NAME : _____ SECTION : _____

- *Identify: List the three positive effects of physical activity on mental health that you noted from the video.*

- *Explain: Write a short explanation (2-3 sentences) for each effect, describing how physical activity contributes to better mental health.*

- *Appreciate: Reflect on your own experiences or thoughts. Write a brief paragraph about why these positive effects of physical activity are important to you or to others.*

LIVEWORKSHEETS