



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.