

Health Pre-Post Test Spring 2021



■ PRE TEST
■ POST TEST

■ PRE TEST ■ POST TEST

Stress activates the part of our brain known as the amygdala. This is the fight, flight or freeze part of the brain.

1. **True**

2. False

Which statement is true?

1. Stress is always good

2. Stress is always bad

3. Stress is neither good or bad

4. **Stress can be both good and bad**

What can you do to beat stress?

1. Eat healthy

2. Exercise

3. Be kind to yourself

4. **All of the above**

The correct way to practice breathing includes

1. **Breathing in through our nose and breathing out through our mouth**

2. Breathing in through our mouth and breathing out through our nose

Which statement is false about practicing breathing?

1. Breathing can help slow heart rate

2. Breathing can help lower blood pressure

3. **Breathing can help you lose weight**

4. Breathing can help you to focus

How many minutes a day do kids need to be active?

1. 20 minutes
2. 30 minutes
3. 45 minutes
4. **60 minutes**

Physical benefits of exercise do not include

1. Stronger lungs
2. **Feeling more hungry**
3. Improved motor skills and coordination
4. Prevents disease

Mental benefits of exercise include improved mood and better sleep

1. **True**
2. False

Flexibility exercise includes

1. Soccer
2. **Yoga**
3. Climbing

What is not a tip for exercising safely

1. Warm up and cool down
2. **Eat before**
3. Do the sport correctly
4. Stay hydrated

The fight, flight or freeze part of our brain is known as the...

1. Prefrontal Cortex
2. **Amygdala**

Mindful awareness includes listening, thinking and giving attention to people or things

1. **True**
2. False

When we think about and look back at our actions we can

1. Breathe easier
2. **Make better choices**
3. Ignore problems

Counting to 10 when feeling angry or upset allows our brain time to

1. Runaway and ignore your stress
2. **Catch up and make a better choice**

What action is not mindful

1. Paying attention to what someone is saying
2. **Tuning out your teacher when they are talking**
3. Listening to your friend's favorite new song all the way through without making a judgement