

Name _____

The Refreshing Ritual: Benefits of Daily Bathing or Showering

Multiple Choice Questions

1. What is one benefit of daily bathing or showering?
 - a) Improved sleep quality
 - b) Increased body odor
 - c) Higher stress levels
 - d) Dehydrated skin

2. How can daily bathing or showering impact skin health?
 - a) It can lead to skin problems.
 - b) It promotes the accumulation of dead skin cells.
 - c) It helps keep the skin hydrated and soft.
 - d) It has no effect on skin health.

3. Why does taking a warm shower before bedtime promote better sleep?
 - a) It lowers body temperature.
 - b) It increases stress levels.
 - c) It makes the mind more active.
 - d) It has no impact on sleep.

4. How does daily bathing or showering benefit respiratory health?
 - a) It has no impact on respiratory health.
 - b) It increases congestion.
 - c) It can soothe respiratory passages.
 - d) It leads to allergies.

5. What is one way daily bathing or showering can enhance confidence?
 - a) It makes you feel dirty.
 - b) It boosts your self-esteem.
 - c) It has no effect on confidence.
 - d) It promotes body odor.

