

Name _____

Exploring the Connection Between Exercise and Mental Health

Open-Ended Response Questions

1. Can you share a personal experience or a story about a time when exercise helped improve your mood or reduce stress?
2. Besides exercise, what are some other ways you can manage stress in your life?
3. How can parents and schools encourage children to be more physically active and reap the mental health benefits of exercise?
4. What advice would you give to someone who wants to start incorporating more exercise into their daily routine for better mental health?

