

Name \_\_\_\_\_

## Move Your Way to Happiness: The Connection Between Physical Activity and Mental Well-being

### Open-Ended Response Questions

1. Imagine you're feeling stressed about schoolwork. Explain how engaging in physical activity could help you manage that stress, and provide an example of an activity you might try.
2. Reflect on the story of Pablo Picasso. How do you think his enjoyment of physical activity contributed to his creativity and artistry? Provide specific examples.
3. Discuss the significance of finding physical activities that you genuinely enjoy for maintaining a consistent exercise routine and nurturing your mental well-being.
4. Share your thoughts on one benefit of physical activity and mental well-being that you find most valuable, and explain why.

