

Pre and Post-Test Questions (Your Healthy Mind Lesson):

1. Which of these is something you can do every day to stay mentally healthy?
Choose all that apply.
 - a. Limit screen time.
 - b. Connect with others.
 - c. Get physically active.
 - d. Get enough sleep.
 - e. Eat well.
2. About how many hours of sleep does someone your age need?
 - a. 7
 - b. 8
 - c. 10