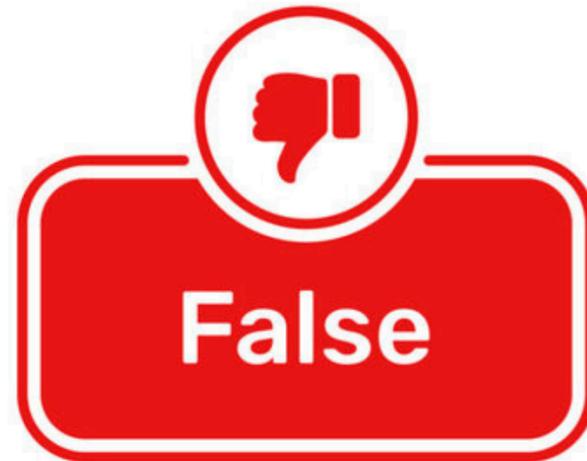




# Let's Play: TRUE OR FALSE!

## TEST YOUR KNOWLEDGE: Mind Care and Data



**It's time to see what we learned!**

This is a quick True or False quiz.

- The questions are about emotions, well-being, data and digital Apps.
- Be Fast (but read carefully!).

**Remember:**

- TRUE means the sentence is correct.
- FALSE means the sentence is wrong.

The most important thing is to learn together.

**Good luck!**

**1. Taking care of your mind and your body are equally important for your health.**



TRUE

FALSE

**2. If you breathe very fast when you are nervous, you will feel calmer right away.**



TRUE

FALSE

**3. If your App counter says you slept 8 hours last night, that is good rest data.**



TRUE

FALSE

**4. If your Diary App asks you for an emoji, you must choose one so the App can monitor your feelings.**



TRUE

FALSE

**5. If your watch says you took only 1,000 steps today, it means you need to move more.**



TRUE

FALSE

**6. You are the person who decides which App to use and for how long, not the App.**



TRUE

FALSE

7. If your pulse is 70 beats per minute while you are calm, that is a good data point for calmness.



TRUE

FALSE

**8. If your body feels 'tight' and you feel like crying, you are surely feeling Joy (Happiness).**



TRUE

FALSE

**9. Mental games Apps are only for fun, not to help you concentrate.**



TRUE

FALSE

**10. If you have a very strong emotion that you cannot control, it is best not to tell anyone.**



TRUE

FALSE