

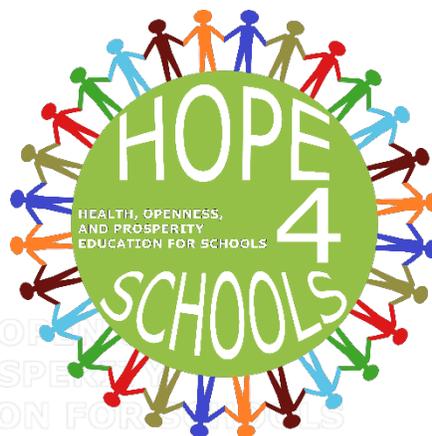


GREEK MINISTRY OF EDUCATION
AND RELIGIOUS AFFAIRS
REGIONAL DIRECTORATE OF PRIMARY
AND SECONDARY EDUCATION
OF WESTERN MACEDONIA



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KAHOOT - MITURILE SĂNĂTĂȚII MINTALE VS REALITATE



HEALTH, OPENNESS,
AND PROSPERITY
EDUCATION FOR SCHOOLS

HOPE4schools

Educație pentru sănătate, deschidere și prosperitate pentru școli

2021-1-RO01-KA220-SCH-000024401



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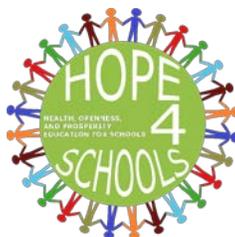


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TITLE 1 <https://create.kahoot.it/details/5453a3c5-bad7-4a8d-997b-cc6d741e70bf>

Kahoot!

Healthy Habits

Healthy Habits

0 plays · 0 players

 A public kahoot



Questions (14)

1 - Quiz

How many hours of sleep do you need every night?



2 - Quiz

What is the EASIEST way to be healthy?



3 - Quiz

True or False: Smoking cigarettes is good for you.



4 - Quiz

How many times a day should you brush your teeth?



5 - Quiz

What is an example of a healthy food?



6 - Quiz

How many cups of water should you drink every day?



7 - Quiz

How often should you (a normal person) exercise?



8 - Quiz

True or False: Sunblock causes skin cancer.



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9 - Quiz

What do you need to be healthy?

**HEALTHY
AND
HAPPY :)**

10 - Quiz

Is it okay to eat unhealthy foods (McDonald's, pizza, kebab)?



11 - Quiz

True or False: Vaccines are important.



12 - Quiz

How many hours a day should you spend on the computer/watching TV/playing videogames?



13 - Quiz

What can you do if you feel stressed?



14 - Quiz

True or False: You should always wear a seatbelt when travelling by car.



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Mental health Myths vs Reality

work cited: <https://positivepsychology.com/mental-health-activities-worksheets-books/>

0 plays · 0 players

 A public kahoot



Questions (17)

1 - Quiz

Mental health illness is something that only adults suffer from.



2 - Quiz

People with somekind of mental illness will struggle with work, study, and life in general.



3 - Quiz

Having a mental illness makes life much more difficult as it is tough to live independently when you're an adult.



4 - Quiz

Mental illnesses are for life. There is no recovery.



5 - Quiz

There is no point in talking about mental illnesses. Medicine is the best and only way to feel better.



6 - Quiz

Mental illnesses make people more violent, aggressive, and dangerous.



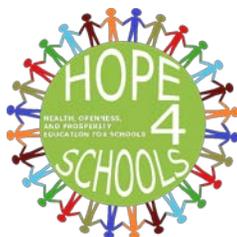
7 - Quiz

Some minorities are more vulnerable to mental illness than others.



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8 - Quiz

Only weak people are diagnosed with mental illnesses.



9 - Quiz

Mental illness can occur in anyone, regardless of their age.



10 - Quiz

Mental illness can sometimes make things more difficult, but there's always help available.



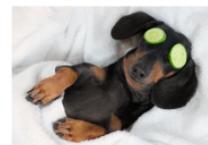
11 - Quiz

Not all mental health conditions are the same; they will not necessarily prevent you from living on your own.



12 - Quiz

Just like with many physical conditions, mental illness requires more than medication alone.



13 - Quiz

More often than not, people living with mental health issues are not dangerous or violent.



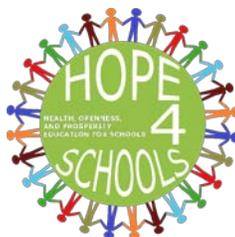
14 - Quiz

Anyone can be diagnosed with a mental health complication, regardless of age, race, gender, religious views, or status.



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15 - Quiz

Mental illnesses are not the result of your personality; they do not reflect your capacity to deal with your emotions.



16 - Quiz

While they are called 'mental illnesses', they are not imagined, nor are they due to a lack of willpower.



17 - Quiz

Everyone's mental health journey is different. (with time and experience, you can discover what makes you feel better)



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