

Quiz

True or False

Question 1.

Your academic performance and examination marks can be affected if you are spending too much time online.

True

False

Question 2.

Your physical and psychological wellbeing can be affected if you are spending too much time online.

True

False

Question 3.

Using your mobile devices exactly before sleeping can affect your sleep patterns.

True

False

Question 4.

Texting doesn't count as screen time.

True

False

Choose the correct answer from the box

Question 5.

According to the experts, kids and teens should exercise at least:

- a) 30 minutes every day
- b) 60 minutes every day
- c) 90 minutes every day
- d) once every week

Question 6.

When you exercise, your brain releases chemicals that can make you feel happier.

- a) endorphins
- b) bile
- c) electrolytes
- d) plasma

You could choose more than one answer

Question 7.

When you are told to put away your devices or switch off your internet connection, how do you feel ?

- a) irritable
- b) aggressive
- c) upset
- d) indifferent

Question 8.

Do you find it difficult to:

- a) Make eye contact with your friends
- b) Participate in a conversation offline and express your opinion
- c) To participate in offline activities
- d) To eat with your family without the use of mobile devices