



Mood boosting quiz

Note: Some questions may have more than one correct answer

1. What are three types of daily ‘feel-good activities’ that could boost your mood?

- A. Fun, sleep, happiness
- B. Enjoyment, relaxation, fulfilment
- C. Stress, worry, relief
- D. Learning, exercise, socializing



2. Why is it important to have three types of feel-good activities every day instead of a few times a week?

- A. To trick your mood into being constantly happy
- B. To impress your friends so they will lift your mood
- C. To stop being bored and feeling lazy
- D. Daily mood boosting brings long-term happiness benefits

3. What’s the point of rewarding yourself for your achievements?

- A. It makes you motivated for more achievements
- B. It can boost your mood by acknowledging your successes
- C. It actually isn’t good, as it will make you sad
- D. It’s a way of getting stuff from your parents



4. What does the “best friend technique” refer to in the context of silencing the self-critical parrot?

- A. Talking to your pet parrot
- B. Treating yourself as you would treat your best friend
- C. Criticizing your best friend
- D. A way to make more friends

5. How can we put the self-critical parrot to sleep?

- A. Tell it to be even more critical
- B. Ignore it completely and put a towel over its cage
- C. Ask it to speak louder
- D. Challenge what it says and replace it with a new loving language



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6. Why is gratitude journalling an important tool for mood boosting?

- A. It helps a person focus on what good things they do have
- B. It can make a person feel ungrateful
- C. It can make you appreciate your talents and uniqueness
- D. It takes away boredom and helps you to sleep

7. Which of the following are examples of a 'loving' parrot and not a 'critical' one?

- A. *"It wasn't an easy essay so you're not a failure if you got a bad grade"*
- B. *"Poor you, you meant so well by trying to help even if it wasn't appreciated"*
- C. You know you always mess up, so why bother to try again?
- D. You are a good person even if not everyone sees your qualities

8. Why is exercise so effective but not a popular choice to boost mood?

- A. It actually makes you feel worse and very sleepy
- B. It makes a person feel invincible
- C. It's hard to do something that you can't be bothered doing
- D. Mostly one only feels the emotional benefits after doing it



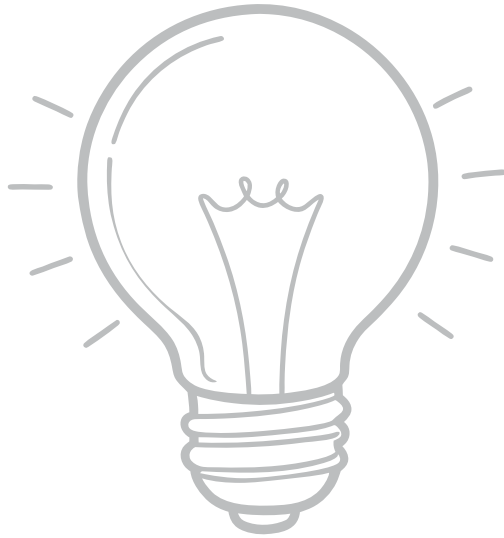
9. Which of the following is not considered proper exercise?

- A. Playing computer games
- B. Chatting to friends on a gentle walk
- C. Swimming
- D. Skipping

10. What do we learn from the story about Alfred Noble?

- A. Not to have a business selling dangerous things
- B. To think about what type of life you want to have
- C. To win a peace prize for scaring the parrot away
- D. Not to believe everything you read in a newspaper

Mood boosting quiz answers



- 1. D**
(A are not all activities)
- 2. D**
- 3. A, B**
- 4. B**
- 5. B, D**
- 6. A, C**
- 7. A, B, D**
- 8. C, D**
- 9. A, B**
- 10. B**
(D might be true but not relevant to this hack 😊)