

Name: \_\_\_\_\_



**Subject:** Science/Biology

**Key Concepts:** human body, exercise, health, endorphins

## Get Your Endorphins Going!

Watch the Wonderama Video on YouTube: [The Science of Fun with Callie In the City](#)

*(If needed, use the video title to search for this video)*

### Learn About Endorphins

- Endorphins are natural chemicals in the body that boost happiness and reduce pain.
- Endorphins are produced in the brain, spinal cord and other parts of the body.
- Some ways that endorphins are released are when a person exercises, tries something new, or gets hurt.

### Release Your Endorphins!

Release your endorphins with some exercise! Run, jump, play outside, dance or do some jumping jacks. Exercise at least once a day (for a total of one hour) to help you feel healthier and happier.

Fill in the calendar below with exercises you did each day and how you felt after you exercised.

**My Exercise for the Week of:** \_\_\_\_\_

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Exercise							
How I Felt							

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