

Wim Hof Method

True/False Questions

1. Wim Hof is from Sweden.
2. The Wim Hof Method has three parts: breathing exercises, cold exposure, and mindset.
3. Wim's breathing exercises are meant to make you feel more stressed.
4. Wim says you should start with one hour in cold water on the first try.
5. Cold exposure can improve blood flow and make you feel more energetic.
6. Wim Hof's method can only be used by athletes, not regular people.
7. A positive mindset can help you handle challenges better, according to Wim Hof.
8. It's safe to practice Wim Hof's breathing exercises while driving.
9. Cold exposure can help the immune system, which fights sickness.
10. Wim Hof believes that people can become stronger and happier by practicing his method.

Comprehension Questions

1. What are the three parts of the Wim Hof Method?
2. How does Wim Hof suggest you start with cold exposure?
3. What are some benefits of breathing exercises?
4. What should you not do while practicing breathing exercises?
5. What does Wim Hof believe about the power of the mind?

Discussion Questions

1. Would you like to try cold showers? Why or why not?
2. Do you think breathing exercises could help you feel less stressed? Why?

- 3. Do you agree that mindset is important for handling stress? Why or why not?**
- 4. What goal would you set if you were trying the Wim Hof Method?**