

## Wim Hof Answers

### True/False Questions

- 1. Wim Hof is from Sweden.**  
*False – (He is from the Netherlands.)*
- 2. The Wim Hof Method has three parts: breathing exercises, cold exposure, and mindset.**  
*True*
- 3. Wim’s breathing exercises are meant to make you feel more stressed.**  
*False – (They are meant to help reduce stress and make you feel calm.)*
- 4. Wim says you should start with one hour in cold water on the first try.**  
*False – (He suggests starting with 10 seconds of cold water at the end of your shower.)*
- 5. Cold exposure can improve blood flow and make you feel more energetic.**  
*True*
- 6. Wim Hof’s method can only be used by athletes, not regular people.**  
*False – (Wim believes his method can help everyone.)*
- 7. A positive mindset can help you handle challenges better, according to Wim Hof.**  
*True*
- 8. It’s safe to practice Wim Hof’s breathing exercises while driving.**  
*False – (You should not do these exercises while driving or in water.)*
- 9. Cold exposure can help the immune system, which fights sickness.**  
*True*
- 10. Wim Hof believes that people can become stronger and happier by practicing his method.**  
*True*

### Comprehension Questions

**Objective:** To check students’ understanding of the main points from the summary.

1. **What are the three parts of the Wim Hof Method?**
    - *Answer: Breathing exercises, cold exposure, mindset and focus.*
  2. **How does Wim Hof suggest you start with cold exposure?**
    - *Answer: Start with cold showers for just 10 seconds.*
  3. **What are some benefits of breathing exercises?**
    - *Answer: Reducing stress, relaxing the body, giving more energy, and helping with focus.*
  4. **What should you not do while practicing breathing exercises?**
    - *Answer: Don't practice while driving or in water.*
  5. **What does Wim Hof believe about the power of the mind?**
    - *Answer: He believes a strong mindset can help you handle challenges and feel less pain.*
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## Discussion Questions

**Objective:** To encourage students to think critically and personally relate to the Wim Hof Method.

1. **Would you like to try cold showers? Why or why not?**
  - *Encourage students to think about their feelings about the cold and if they'd like to try it.*
2. **Do you think breathing exercises could help you feel less stressed? Why?**
  - *Ask students if they already use breathing to relax or if they'd be open to trying Wim's exercises.*
3. **Do you agree that mindset is important for handling stress? Why or why not?**
  - *Students can share their ideas on the power of positive thinking and if they believe it helps.*
4. **What goal would you set if you were trying the Wim Hof Method?**
  - *Help students think about what they might want to achieve, such as feeling calmer or building more confidence.*

## Additional Activity Ideas

**Activity 1: Breathing Exercise Practice (if suitable for your classroom setting)**

- Guide students through the basic steps of Wim’s breathing exercise. Remind them to go slow and relax. After, ask how they felt during and after the practice.

### **Activity 2: Role-Play “Teaching the Wim Hof Method”**

- Divide students into pairs. One student pretends to be Wim Hof and explains the method (in very simple terms) to their partner. Then they switch roles.