



## 1-2 Mindfulness Reflection

Name \_\_\_\_\_ Date \_\_\_\_\_

Students can write in answers or they can talk through their responses with an adult.

### **Part I – What did you learn?**

- 1) Mindfulness: (choose one correct answer)
  - a) Is a mind trick.
  - b) Means you must empty your mind completely for the entire length of the practice and you are not allowed to have any distractions pop in.
  - c) Involves paying attention on purpose to what is happening in the present moment.
  - d) All of the above.
- 2) List 3 ways to practice mindfulness:

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### **Part II – Reflecting on the experience**

- 1) How can mindfulness practice help you?
- 2) Did you notice your mind wandering or getting distracted? How can you refocus?

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- 3) How did doing this mindfulness practice feel to you?

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