

## Introduction to Mindfulness



As we watch the video on mindfulness, jot down some ideas about the following:

**What does it mean to be mindful?**

**What are some benefits of being mindful?**

**What are ways we can practice mindfulness?**

## Mindfulness Myths

Read the mindfulness statements below and decide whether they are facts or myths.

Mindfulness Statement	Fact	Myth
1. Mindfulness can only be practiced by adults.		
2. To be mindful, you need to be sitting in a quiet room.		
3. Mindfulness is just about paying attention and being intentional.		
4. Identifying negative thoughts is part of being mindful.		
5. Practicing mindfulness can make you smarter.		
6. Mindfulness can change your brain.		
7. Mindfulness can reduce your stress level.		
8. In order to be mindful, you need to clear your mind.		