

True or False

Follow the instructions to complete the activity.

NAME

DATE

Using the information found in *Mindfulness*, verify whether the following statements are true or false. Check your answers in the book. List the page number where you found the information beside your answer.

Statement 1

For a long time, Buddhism was only practiced in Asian countries.

☐

True

☐

False

Page
Number

Statement 2

Confirmations are positive statements people say to themselves.

☐

True

☐

False

Page
Number

Statement 3

Mindfulness does not require any special clothing or equipment.

☐

True

☐

False

Page
Number

Statement 4

People reach a mindful state by slowing down and focusing on their breathing.

☐

True

☐

False

Page
Number

Statement 5

Mindfulness is best achieved in a busy space.

☐

True

☐

False

Page
Number

