

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

