

Fill in the Blanks

Follow the instructions to complete the activity.

NAME

DATE

Use the information found in *Mindfulness* to help you fill in the blanks.

- 1 A named Thich Nhat Hanh is credited with bringing Buddhist-style mindfulness to the West.
- 2 One way people can start to check in is to the emotions they are experiencing.
- 3 Being mindful boosts the system, which helps to fight off illness.
- 4 Being clear on how you feel is like having a .
- 5 A session with a teacher might last 10 minutes or longer.
- 6 The transition from the to the mindfulness session should be seamless.
- 7 Mindfulness is a simple yet powerful ancient wellness .

