

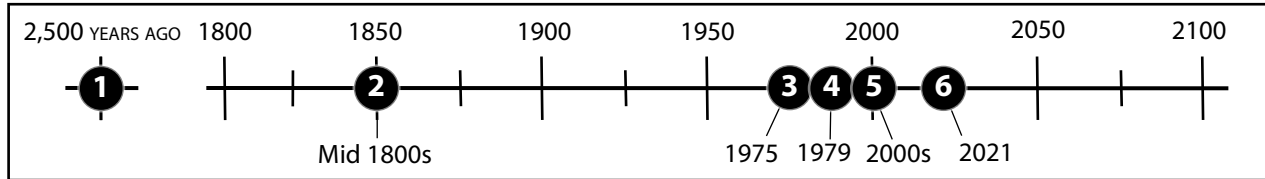
## Timeline Activity

Follow the instructions to complete the activity.

NAME

DATE

Number the events below in the order they would appear on the timeline. Write the number in the box beside each event. Check your answers with page 7 of the book.



Asian immigrants bring Buddhism to the West.

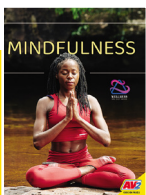
Mindfulness programs begin to appear in schools and workplaces.

Jon Kabat-Zinn creates the Mindfulness-Based Stress Reduction program at the University of Massachusetts.

Buddhist monks in Asia begin the practice of mindfulness.

Research shows that online mindfulness practices may reduce fear, anxiety, and stress during the COVID-19 pandemic.

*The Miracle of Mindfulness*, by Thich Nhat Hanh, is published.



## 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.

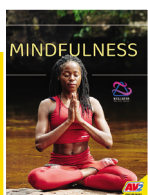
☐

True

☐

False

Page  
Number



## Fill in the Blanks

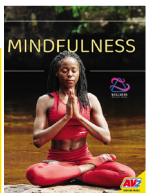
Follow the instructions to complete the activity.

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 .



## Watch Your Steps

Follow the instructions to complete the activity.

NAME

DATE

Place the steps needed to perform Tense and Release in order by numbering the boxes beside the statements.

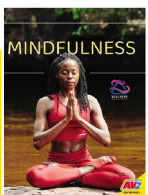
Squeeze the muscles in your feet as tightly as you can. Make sure to curl your toes so that they are squeezed as well.

Continue to work your way up your body. Tense and relax your legs, stomach, chest, arms, and neck, one at a time. As you squeeze each body part, think about how it feels.

Lie down in a comfortable spot. Close your eyes. Take a few deep breaths.

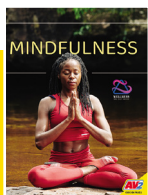
When you have squeezed all your body parts, take a finishing breath. Then, open your eyes. Give yourself time to feel the space around you.

After a few seconds, release all of the muscles you have tensed. Let your feet relax.



Using information from the book, select an answer from the right and write the letter in the box beside the statement.

- |           |  |  |                 |
|-----------|--|--|-----------------|
| <b>1.</b> | Approximately this percent of all Americans say they meditate at least once per week.            |  | <b>A. 2,500</b> |
| <b>2.</b> | Meditating just this many minutes each day can curb unhealthy food cravings by about 40 percent. |  | <b>B. 2019</b>  |
| <b>3.</b> | In this year, the top 10 mindfulness apps generated sales of more than \$195 million.            |  | <b>C. 75</b>    |
| <b>4.</b> | More than this many mindfulness apps have been launched since 2015.                              |  | <b>D. 10</b>    |
| <b>5.</b> | By this year, more than 4 million people had subscribed to the mindfulness app Calm.             |  | <b>E. 40</b>    |
| <b>6.</b> | More than this percent of people who meditate do so for its general wellness benefits.           |  | <b>F. 2020</b>  |



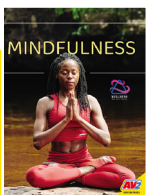
## Mindfulness Quiz

Test your knowledge by answering these quiz questions.

NAME

DATE

- 1 Who is credited with bringing Buddhist-style mindfulness to the West?
- 2 Who founded the Mindfulness-Based Stress Reduction program at the University of Massachusetts?
- 3 What are affirmations?
- 4 Which mindfulness resources are often found online?
- 5 When is Mindfulness Day?
- 6 How long does a meditation session with a teacher usually last?
- 7 What percentage of people who meditate do it for its general wellness benefits?
- 8 Which health problems have mindfulness practices been used to treat?
- 9 How many mindfulness apps have been launched since 2015?
- 10 For how long have people been practicing mindfulness?



## Key Words Match-Up

Write the words from the list below in the box above the correct definition for each word.

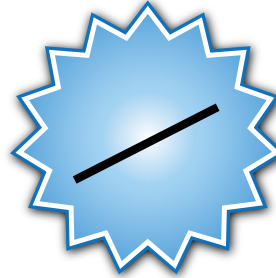
NAME

DATE

### KEY WORDS

Buddhism	meditation
confidant	monk
COVID-19 pandemic	practice
culture	stress
immune system	West

**Your Score is**



=

%

- |   |   |
|---|---|
| <p>1. <input type="text"/><br/>the practice of spending time in quiet thought</p> <p>2. <input type="text"/><br/>a person with whom personal matters are discussed</p> <p>3. <input type="text"/><br/>the doing of something over and over again to acquire or polish a skill</p> <p>4. <input type="text"/><br/>mental or emotional strain</p> <p>5. <input type="text"/><br/>an infectious disease that was discovered in 2019 and spread to countries around the world</p> | <p>6. <input type="text"/><br/>the parts of the body that work to fight illness and disease</p> <p>7. <input type="text"/><br/>one of the world's most widespread religions</p> <p>8. <input type="text"/><br/>Europe and the Americas</p> <p>9. <input type="text"/><br/>the arts, beliefs, and customs that make up a way of life for a group of people</p> <p>10. <input type="text"/><br/>a man who has joined a religious community and lives by a set of vows</p> |
|---|---|

