

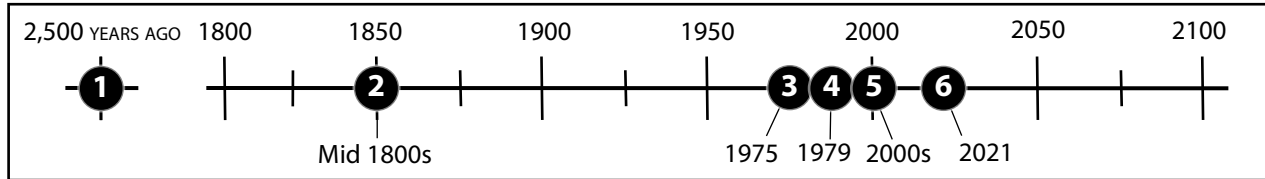
## Timeline Activity

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.

