

Name \_\_\_\_\_

## The Benefits of Mindfulness Meditation for Students

### Multiple Choice Questions

1. What is mindfulness meditation?
  - a) A type of exercise
  - b) A practice to focus on the present moment without judgment
  - c) A form of storytelling
  - d) A type of dance
  
2. What is one benefit of mindfulness meditation for students?
  - a) Learning to juggle multiple tasks at once
  - b) Becoming better at ignoring all distractions
  - c) Improved concentration
  - d) Increased stress levels
  
3. How can mindfulness meditation help with emotional health?
  - a) By making you more emotional
  - b) By helping you understand your feelings and reactions
  - c) By reducing concentration on emotions
  - d) By ignoring emotions altogether
  
4. What does mindfulness meditation encourage in terms of thinking?
  - a) Narrow thinking
  - b) Creativity
  - c) Rigid thinking
  - d) Avoiding thinking
  
5. What is one step to start mindfulness meditation?
  - a) Find a noisy place
  - b) Sit uncomfortably
  - c) Focus on your breath
  - d) Increase meditation time rapidly

