

Name _____

What is a "Mindful Moment," and How Can I Have One?

Multiple Choice Questions

1. What is a "mindful moment"?
 - a) A moment of daydreaming
 - b) A moment of fully experiencing the present
 - c) A moment of planning for the future
 - d) A moment of multitasking

2. How did Lily, the artist, find joy in her life?
 - a) By going on extravagant adventures
 - b) By capturing ordinary moments in her art
 - c) By using expensive gadgets
 - d) By avoiding the present moment

3. Which sense is NOT typically engaged during a mindful moment?
 - a) Sight
 - b) Smell
 - c) Hearing
 - d) Taste

4. What is the purpose of focusing on your breath during a mindful moment?
 - a) To ignore your surroundings
 - b) To anchor yourself in the present moment
 - c) To create stress and anxiety
 - d) To fall asleep

5. Why is it important to observe your thoughts without judgment during a mindful moment?
 - a) To analyze every thought in detail
 - b) To push away all thoughts
 - c) To acknowledge thoughts and gently return focus to the present
 - d) To write down all your thoughts

