Name _____

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

Short Answer

1. How did Lily use her art to capture the beauty of everyday moments?

2. List three steps for having a mindful moment.

3. What is the purpose of practicing gratitude during a mindful moment?

4. How can mindfulness benefit your emotional well-being?

5. Explain the importance of observing thoughts without judgment during mindfulness practice.

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