

Name \_\_\_\_\_

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

### Short Answer Key

1. Lily used her art to capture the beauty of everyday moments by observing and appreciating the details in her surroundings. She then translated those moments into her artwork to share their significance with others.
2. Steps for having a mindful moment: Pause and Breathe, Engage Your Senses, Focus on Your Breath, Observe Your Thoughts, Practice Gratitude, End with a Smile.
3. The purpose of practicing gratitude during a mindful moment is to cultivate a sense of appreciation and positivity, which can improve overall well-being and help shift your focus away from stress and worries.
4. Mindfulness can benefit emotional well-being by reducing stress, enhancing mood, and promoting relaxation, ultimately leading to a more positive outlook on life.
5. Observing thoughts without judgment during mindfulness practice is important because it allows individuals to acknowledge their thoughts without attaching any value or criticism to them. This approach helps create a non-judgmental and accepting mindset.

