

Name _____

Is Meditation Like Taking a Nap or Sleeping?

Open-Ended Response Answer Key

1. Personal experiences will vary, but students can share situations where they used meditation to alleviate mental fatigue or stress. They can describe how the practice helped them stay present and maintain a sense of calmness, improving their overall well-being.
2. Students can discuss their preferences for recharging during a busy day. They can weigh the benefits of a 10-minute meditation session, a 20-minute nap, or both, explaining how each option would help them feel more energized and focused.
3. In a reflection on the importance of sleep, students can highlight the benefits of a good night's sleep, such as physical and mental restoration, improved memory, and emotional well-being. They can discuss how inadequate sleep can lead to health issues and reduced daytime functioning.
4. Students can compare and contrast the effects of a 10-minute meditation session, a 20-minute nap, and a full night's sleep on their alertness and overall well-being. They can explain how each option might impact their day, considering factors like mental clarity, mood, and energy levels.

