

Name _____

Calm Your Mind, Unlock the Benefits: Mindfulness and Relaxation Techniques

Open-Ended Response Questions

1. Imagine you're feeling stressed about an upcoming test. Explain how you could use either mindfulness or a relaxation technique to help you cope with the stress.
2. Reflect on Leonardo da Vinci's story. How do you think his practice of mindfulness and relaxation techniques influenced his creativity and contributions to art and science? Provide specific examples.
3. Why is it essential to practice self-care and incorporate mindfulness and relaxation techniques into your daily life?
4. Share your thoughts on one benefit of mindfulness or relaxation techniques that you find most valuable, and explain why.

