

Mindfulness Pop Quiz

Think about the mindfulness learning, that you have done this week with Mrs Turner.

If you haven't watched all the videos, go back and find them on class story.

Watch them first, then have a go at answering the following questions.

1.

If you had brought the chocolate, which zone would you have been in when you find out that it has disappeared?

2.

Were the characters (except for the ant) thinking about others? Why do you think this happened?

3.

Think about the human, cat, dog and bird - how could their actions (not sharing) affect others and their zones?

4.

Think about the ant - how did his actions (of sharing) affect others and their zones?
