

# Mindfulness Pop Quiz

Based on the mindfulness video for today (Friday 2<sup>nd</sup> June) and your knowledge of the zones of regulations, answer the following questions about the story .

1.

List three characters from the story. What zone do you think they were in at the beginning of the story and at the end of the story? Explain why.

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2.

What zones were the sun and wind in. How did this affect the man's zone?

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3.

The sun and wind both had an objective (to get the man to take his coat off), however they used different methods to achieve their objective. What methods did they use?

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4.

Which character (sun or wind) and their zone was successful at getting the man to do what they wanted? Explain why.

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