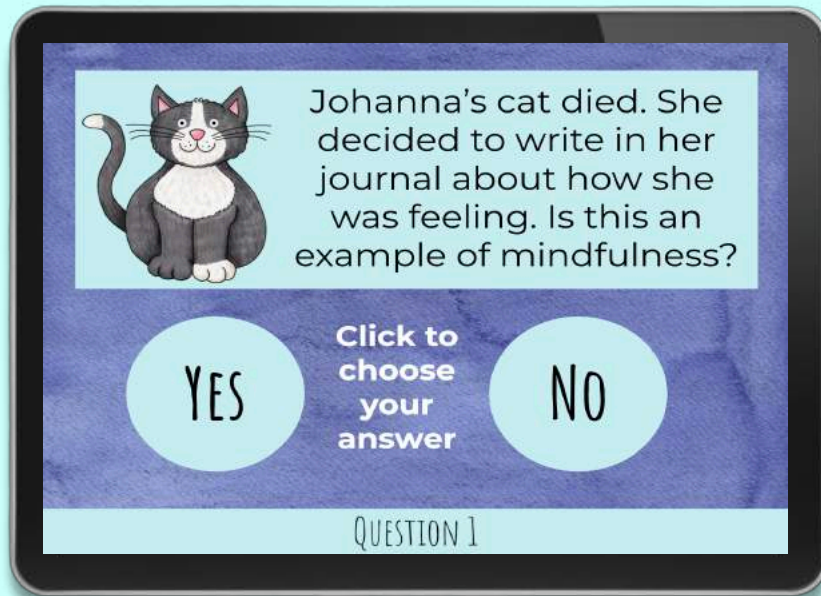



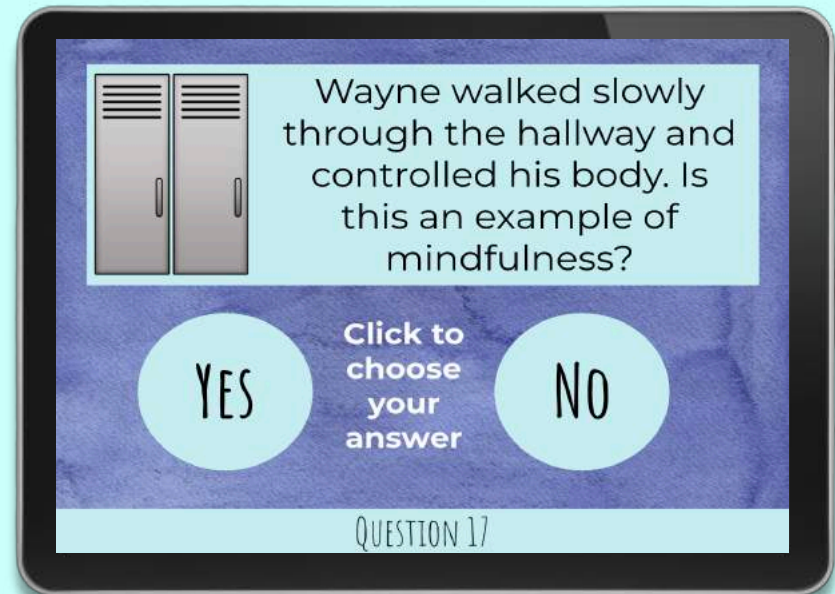
# THIS GAME FOR GOOGLE SLIDES INCLUDES 30 QUESTIONS TO HELP STUDENTS UNDERSTAND MINDFULNESS.




 Johanna's cat died. She decided to write in her journal about how she was feeling. Is this an example of mindfulness?

YES      Click to choose your answer      NO

QUESTION 1



 Wayne walked slowly through the hallway and controlled his body. Is this an example of mindfulness?

YES      Click to choose your answer      NO


QUESTION 17

This activity will help students learn what mindfulness is and what it isn't.

# STUDENTS WILL LOOK AT EACH SCENARIO AND DECIDE WHETHER OR NOT IT IS AN EXAMPLE OF MINDFULNESS.

WOO HOO!


This **is** an example of mindfulness! Angelo was paying attention to what he was doing and was thinking about the feelings of others.



CLICK HERE TO GO BACK      CLICK HERE TO GO TO THE NEXT QUESTION

HMM...

This **is not** an example of mindfulness! Miriam wasn't focused on the present moment. She was rushing through and not paying attention to what she was doing.



CLICK HERE TO GO BACK      CLICK HERE TO GO TO THE NEXT QUESTION

When they click on their answer, they will find out whether or not they chose correctly. If they chose the wrong answer, they can go back and try again.



# THIS GAME IS PERFECT FOR....

- Working with students on emotional regulation or coping skills
- Helping students better understand what mindfulness is and what it isn't
- Small group lessons
- Classroom lessons
- Counselors doing distance learning
- Adding fun to your in-person lessons with no contact

**THE TEXT ON THE QUESTION AND ANSWER SLIDES  
ARE EDITABLE TO SUIT YOUR SPECIFIC NEEDS.**