**Preparation Task**

1. **Match the phrases with the definitions.**

To deal with something / to plan for something / to be aware of something / to pay attention to something

to know or notice that something exists **be aware of something**

to find a way to manage something **deal with something**

to watch or listen to someone or something carefully **pay attention to something**

to think about and decide what you are going to do **plan for something**

1. **Are the sentences true or false?**

Really noticing a beautiful sunset is an example of mindfulness. **True**

Haut du formulaire

Bas du formulaire

To be mindful we need to stop ourselves from thinking.  **False**

Haut du formulaire

Bas du formulaire

Technology has made our lives busier. **True**

Haut du formulaire

Bas du formulaire

Mindfulness can help you to feel calmer and happier. **True**

Haut du formulaire

Bas du formulaire

Mindfulness won’t help you lose weight. **False**

Haut du formulaire

Bas du formulaire

To eat a raisin mindfully, you should eat it quite quickly. **False**

Haut du formulaire

Bas du formulaire

1. **Are these actions examples of being mindful or of not being mindful?**

Being aware of your own feelings. **Being mindful**

Accidentally doing something you didn’t plan or want to do.

 **Not being mindful**

Planning what to say next when listening to a friend.

 **Not being mindful**

Being conscious of your thoughts. **Being mindful**

Focusing on what is happening right now. **Being mindful**

Worrying about something that happened yesterday.

 **Not being mindful**

1. **Provide your own definition of mindfulness.**

Corrected durinf the online meeting

1. **In what situations do you find yourself unmindful ? provide exmaples, and what are the mindfulness techniques you are planning to use to overcome this problem ? .**

Corrected during the online meeting

Haut du formulaire