

Mr. Mark

Sojourn High School

Lesson on Mindfulness



and now,
a brief introduction
to
mindfulness

What is mindfulness
and what can it do for me?

Mind.ful.ness *noun*

1. The quality or state of being conscious or aware of something

1. A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations

Now we will see a video entitled
*‘Why Mindfulness is a
Superpower, an animation’*

