

MINDFULNESS AND ME

[Video link](#)



True or False?

Mindfulness has many benefits! But can you spot the true ones?

Mindfulness can help us to relax in the evening before bed

You can only practise mindfulness techniques outdoors

Mindfulness helps our concentration

Mindfulness can help us to cope when we are worried or frightened

Mindfulness is not suitable for children

You need to be formally trained to practise mindfulness

Mindfulness techniques can help us to stay calm and perform better on tests and exams

Explain how practising mindfulness can help us to deal with the things that happen in our lives.
