

# mindfulness & meditation

**Learning Objective:** Each student will learn what mindfulness is, the benefits to mindfulness, and how to practice it in real time. Each student will also learn how to utilize meditation as a tool of relaxation, stress reduction, and insight.

**Quiz Reflection:**

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**Video Reflection:**

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**Podcast Reflection:**

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**Goals:**

**1.**  
What? \_\_\_\_\_  
Why? \_\_\_\_\_  
How? \_\_\_\_\_

**2.**  
What? \_\_\_\_\_  
Why? \_\_\_\_\_  
How? \_\_\_\_\_

**3.**  
What? \_\_\_\_\_  
Why? \_\_\_\_\_  
How? \_\_\_\_\_

Make sure your goals are:

- 1. Obvious
- 2. Attractive
- 3. Easy
- 4. Satisfying

**Final Thoughts:**

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**Not signed up?**  
See your instructor for the opt-in code.

# mindfulness & meditation quiz

This quiz is for your personal awareness. Your answers will be kept completely anonymous.

**1. When I am startled, I notice what is going on inside my body.**

- Never       Rarely       Sometimes  
 Often       Very often

**2. I am aware of thoughts I'm having when my mood changes.**

- Never       Rarely       Sometimes  
 Often       Very often

**3. I am aware of what thoughts are passing through my mind.**

- Never       Rarely       Sometimes  
 Often       Very often

**4. I notice changes inside my body, like my heart beating faster or my muscles getting tense.**

- Never       Rarely       Sometimes  
 Often       Very often

**5. I think it's okay to allow myself to feel sad.**

- Never       Rarely       Sometimes  
 Often       Very often

**6. I think it's okay to allow myself to have certain thoughts.**

- Never       Rarely       Sometimes  
 Often       Very often

**7. I try to understand why I feel the way I do.**

- Never       Rarely       Sometimes  
 Often       Very often

**8. I try to put my problems out of mind.**

- Never       Rarely       Sometimes  
 Often       Very often

**9. When talking with other people, I am aware of the emotions I am experiencing.**

- Never       Rarely       Sometimes  
 Often       Very often

**10. I take time to reflect on my life, feelings, and goals often.**

- Never       Rarely       Sometimes  
 Often       Very often

**11. When I walk outside, I am aware of smells or how the air feels against my face.**

- Never       Rarely       Sometimes  
 Often       Very often

**12. When someone asks how I am feeling, I can identify my emotions easily.**

- Never       Rarely       Sometimes  
 Often       Very often

**13. When talking with other people, I am aware of their facial and body expressions.**

- Never       Rarely       Sometimes  
 Often       Very often

**14. I know how to meditate and I do it regularly.**

- Never       Rarely       Sometimes  
 Often       Very often

Want to learn more about mindfulness, meditation, and other mental health topics?

Visit: [schoolpulse.org/resources](https://schoolpulse.org/resources)



## quiz results

Use your quiz answers to add up your points.

**Never = 1 point**  
**Rarely = 2 points**  
**Sometimes = 3 points**  
**Often = 4 points**  
**Very Often = 5 points**

Total Points: \_\_\_\_\_

<b>14-30</b> - little to no tendency to practice mindfulness	<b>31-43</b> - mild tendency to practice mindfulness	<b>44-56</b> - moderate tendency to practice mindfulness	<b>57-70</b> - strong tendency to practice mindfulness
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*These results are not a diagnosis, if you have questions text us at SchoolPulse.*

## confidentiality agreement

This class should be a safe place for participants. Participants are expected to keep anything said during this class by other class members confidential. This is not meant to encourage secret-keeping, but rather to protect everyone's privacy and ensure that this class is a safe place to share feelings. Class members are expected to treat one another with respect.

Confidentiality within this class is based on mutual trust. Legal exceptions to confidentiality include a clear or present danger to harm yourself or another, knowledge or suspicion of the abuse or neglect of a minor or incapacitated adult, or any other information legally required to be reported to social services.

I \_\_\_\_\_, agree to not disclose to anyone outside this class any information that may help to identify another class member. This includes, but is not limited to, names, physical descriptions, biological information, and other specifics about interactions with other group members.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date