

Name _____

Mindfulness

Mindfulness: Paying Attention to Right Now!

Reading Comprehension Questions

Answer Key

1. B) A way of paying attention to what's happening right now.
2. D) It helps you feel calmer and stay focused.
3. C) By focusing on your breathing.
4. B) Anytime, anywhere.
5. A) To taste their food better and enjoy it more.