

# Student worksheet - What is mindfulness?

Explore the [Bite Back website](#) to find out more about Mindfulness and then answer the questions below.

What is Mindfulness? \_\_\_\_\_

List three benefits of Mindfulness:

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List two activities suggested by Bite Back that can build your mindfulness:

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Choose one of the two activities to complete and report back on to your class on:

Name of the activity: \_\_\_\_\_

Write a brief summary (5 sentences):

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Identify one of the activities:

Strengths: \_\_\_\_\_

Weaknesses: \_\_\_\_\_

Would you recommend the activity to a friend? Why/Why not? Rate the activity out of 5 and write a short review (2-3 sentences).

Rating out of 5: \_\_\_\_\_

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