

Name: _____ Date: _____ Class: _____

MINDFUL OR UNMINDFUL?

WORK SHEET

Instructions:

Below are situations that anyone might find themselves in - but are they mindful, or not?

<u>Situation</u>	<u>Mindful</u>	<u>Unmindful</u>
Thinking about an upcoming deadline while taking a walk.		
Bumping into someone because you weren't looking where you were going.		
Leaving a belonging in a friend's house or in school.		
Ignoring a person who wants to join your group		
Liking something just because someone you like/respect likes it.		
Going through your day on autopilot just because it's what you do everyday.		
Trying new foods, even though you've never seen anything like it before.		
Daydreaming in class or during a meeting.		
Doing too many things at one time.		
Having a list of to-do's and going through it based on priority.		
Listening to someone speaking before trying to respond.		
Doing something because of peer pressure.		
Noticing the chirping of birds as you take a walk.		
Reading a book not because it was assigned, but because you are interested in it.		

Name: _____ Date: _____ Class: _____

MINDFUL OR UNMINDFUL?

ANSWER KEY

Instructions:

Below are situations that anyone might find themselves in - but are they mindful or not?

<u>Situation</u>	<u>Mindful</u>	<u>Unmindful</u>
Thinking about an upcoming deadline while taking a walk.		✓
Bumping into someone because you weren't looking where you were going.		✓
Listening to someone speaking before trying to respond.	✓	
Ignoring a person who wants to join your group		✓
Liking something just because someone you like/respect likes it.		✓
Going through your day on autopilot just because it's what you do everyday.		✓
Trying new foods, even though you've never seen anything like it before.	✓	
Daydreaming in class or during a meeting.		✓
Doing too many things at one time.		✓
Having a list of to-do's and going through it based on priority.	✓	
Leaving a belonging in someone's house or in school.		✓
Doing something because of peer pressure.		✓
Noticing the chirping of birds as you take a walk.	✓	
Reading a book not because it was assigned, but because you are interested in it.	✓	