

1. Read the text and decide whether the sentences are True(T) or False (F). Correct the False ones.

a) You need to be alert, careful and focused to be a mindful person. ☐

b) Practising mindfulness will not change your life. ☐

c) Mindfulness originates from Buddhist principles. ☐

d) Being mindful requires refusing what's happening. ☐

e) You can teach yourself how to be a mindful person. ☐

f) You can start a mindful day by watching the news. ☐

2. Answer the questions below.

a) What do you think about mindfulness? .....

b) Do you think you would like to try it? Why/ why not? .....

3. Match the words in bold with the definitions below.

a) ..... to make or become well again, especially after a cut or other injury.

b) ..... the belief in and worship of a god or gods

c) ..... being quick to see, understand and act