## **Exploring Mindfulness Handout for Teens**

Write down any words that you are unsure about, so we can look them up and talk about them.

Answer the first question before the lesson starts. Answer the other questions after the lesson.



1. What is mindfulness? How is it different than relaxation?



2. How does mindfulness affect your ability to cope?



3. How could you be more mindful? When will you start?