

LIST TWO WORDS THAT BEST DESCRIBE HOW YOU FELT AFTER SPEAKING TO THE PERSON YOU CHOSE TO SPEAK WITH AFTER CLASS LAST THURSDAY

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BEING PRESENT/MINDFULNESS: LIST FIVE THINGS ABOUT THIS ROOM THAT YOU NEVER NOTICED BEFORE

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BEING PRESENT/MINDFULNESS: LIST FIVE THINGS ABOUT THE PERSON SITTING TO YOUR LEFT THAT YOU NEVER NOTICED BEFORE

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BEING PRESENT/MINDFULNESS: IN-PERSON VS. THE VIRTUAL WORLD. LIST FIVE THINGS ABOUT SCHOOL/CLASSES/LEARNING THAT ARE DEFINITELY BETTER IN-PERSON

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BEING PRESENT/MINDFULNESS: USING SOCIAL MEDIA AND STAYING HAPPY. BASED ON A GROWING BODY OF RESEARCH THE AUTHORS LIST THREE RECOMMENDATIONS WHEN USING SOCIAL MEDIA

1. Engage with others (don't just read everyone else's posts).
2. Take your "temperature" when using social media. (How do you feel after using it?)
3. Take "tech holidays"

LIST TWO RECOMMENDATIONS OF YOUR OWN FOR STAYTING HAPPIER WHILE USING SOCIAL MEDIA

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BEING PRESENT/MINDFULNESS: IMPROVING RELATIONSHIPS WITH OTHERS. BASED ON THEIR OWN RESEARCH AND THAT OF OTHERS, THE AUTHORS SUGGEST FOUR QUESTIONS TO ASK YOURSELF TO IMPROVE COMMUNICATION AND UNDERSTANDING IN ALL RELATIONSHIPS

1. How is this person feeling?
2. What is this person thinking?
3. Am I missing something here?
4. How might I feel if I were in this person's shoes?

Close your eyes and think of a relationship that is important to you. LIST A QUESTION YOU WISH THAT PERSON WOULD ASK THEMSELF ABOUT YOU.

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