

**EXTRA PRACTICE**

Student's name: _____ Group 10-_____

Part A

Instructions: Read the passage about mindfulness.

Finding Balance: Mindfulness, Self-Control, and Well-Being

Mindfulness and self-control are important skills that help us manage stress, make thoughtful decisions, and live healthier lives. Being mindful means paying attention to the present moment, while self-control helps us act in ways that match our values. Practicing techniques like meditation and breathing exercises can reduce stress, prevent burnout, and help us stay positive. When we are conscious of our health and behaviors, and have support from others, we begin to feel a sense of wholeness and healing. Paying attention to how we feel and act, being patient, and practicing presence can help keep us aligned with our goals and make our lives more fulfilling.

Part B

Instructions: Fill in the Blank: Fill in the blank with the correct words.

Word Bank: mindfulness, meditation, supportive, positive, self-control, burnout, healing, breathing

1. Practicing _____ can help reduce stress and improve focus.
2. When you have _____, you are able to control your actions and make choices that align with your values.
3. Taking slow, deep breaths during _____ exercises can help you stay calm in stressful situations.
4. If you feel _____, it may be a sign that you need to rest and take care of yourself.
5. Having a _____ attitude can help you stay motivated and overcome challenges.

Part C

Instructions: Multiple Choice Questions: Choose the correct answer from the choices for each question.

1. Which of the following is a benefit of practicing mindfulness?
 - a) Increased stress
 - b) Improved concentration
 - c) Less patience
2. What does it mean to be health conscious?
 - a) Making choices that support your well-being
 - b) Ignoring your physical needs
 - c) Not caring about what you eat



3. Which behavior is an example of self-control?
 - a) Reacting without thinking
 - b) Choosing to pause and breathe before responding
 - c) Yelling when frustrated
4. How can supportive behaviors help someone who is feeling burnout?
 - a) By making them feel alone
 - b) By offering encouragement and help
 - c) By criticizing their efforts
5. What is one way to be more attentive during class?
 - a) Multitasking
 - b) Daydreaming
 - c) Practicing presence and focusing on the lesson

Part C

Instructions: Open-Ended Questions: Answer the following questions in complete sentences.

1. Describe a time when you used self-control to make a positive choice. What was the outcome?
2. Why do you think mindfulness and meditation can be helpful for teenagers?
3. What are some ways you can show supportive behaviors to a friend who is stressed or feeling burnout?