

BUDDHA WALKS

MINDFULNESS



When a young prince of India left his kingdom to find a cure for life's suffering, the journey led him to Right Mindfulness: keeping constant awareness. His teaching reminds us to live more fully in the moment, and that being "awake" means more than just getting out of bed!

Watch three stories of Mindfulness on the AT HOME webpage.

Then, choose one of these stories and discuss the following questions with your teacher, family, classmates or friends:

1. At what moment did the storyteller "wake up" and experience Mindfulness? What happened in that moment that made her/him fully aware and in the present?
2. How did the storyteller benefit from their Mindfulness? How did being "awake" help them in this story?
3. By the end, what had their moment of Mindfulness taught them about life or themselves? Does their experience remind you of a time when you were fully in the moment...or should have been? What "woke you up?" And what did it teach you?

Finally, choose one of these three ways to explore Right Mindfulness...or the lack of it:

1. Write your story of being "awake"...or wishing you were.
2. Caption a photograph or do a piece of art work about Mindfulness.
3. Tell your Mindfulness story in your own short video.

And when you are done, if you would like, ask your parents or teachers to share your work with us. Together We Grow!