

WORKSHEET

Lesson 1.3 - Mindfulness

Class VI English | Questions Only | Complete Main Lesson + Set 1 + Set 2 + Set 3

Name	Roll No.	Date

SECTION A - MAIN LESSON QUESTIONS

Warm-up

1. When do you find people around you with these expressions? Write one situation for each expression.

Expression	When do you find people with this expression?

Word Basket

Write the meanings exactly as given in your textbook.

- mindfulness : _____
- thoughtful : _____
- anxiety : _____
- fast-paced : _____
- wander : _____

2. Read, find and complete.

Mindfulness practices mentioned in the article:

- (i) _____
- (ii) _____

3. Discuss in pairs and write down the activities of Mindfulness integrated into our daily lives.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

4. Complete the word chain by using verbs.

talk - _____ - _____ - _____ - _____

help - _____ - _____ - _____ - _____

include - _____ - _____ - _____ - _____

reduce - _____ - _____ - _____ - _____

5. Read and list out the benefits of Mindfulness from the article.

(i) _____

(ii) _____

(iii) _____

SECTION A - MAIN LESSON QUESTIONS (Continued)

6. Develop a questionnaire to collect information about 'Importance of Yoga' in our daily life.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

7. Fill the application form to join the Yoga class.

Name of the Student : _____

Gender : _____

Age : _____

Grade : _____

School Name : _____

Home Address : _____

Parent/Guardian Name : _____

Contact Number (Parent) : _____

Emergency Phone Number : _____

Preferred Yoga Batch : _____

Read and discuss the following chart.

Types of Nouns: Common Noun, Proper Noun, Collective Noun, Abstract Noun, Material Noun

8. Sort the nouns into the correct boxes.

Words: Kolkata, jury, city, gold, Ganga, bravery, silver, class, pen, rubber, peace, Monday, love, team, day.

Common Noun	Proper Noun	Collective Noun	Abstract Noun	Material Noun

9. Listen carefully to online talks on 'Yoga' and present the main points in the class.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

10. Create a chart/poster showing different Yogasanas.

11. Find the missing punctuation marks in the following sentences and rewrite them.

(i) How can we include mindfulness in our daily lives

(ii) Remember mindfulness is a skill that takes time to learn

(iii) A simple mindful exercise is the three-minute breathing space

SECTION B - ADDITIONAL PRACTICE SET 1

Word Basket

- calm : _____
- awareness : _____
- concentration : _____
- meditation : _____

Q.2 Read the following questions and tick the correct answer.

(i). What does mindfulness teach us to focus on?

- (a) The past
- (b) The future
- (c) The present moment
- (d) Dreams

Answer: _____

(ii). Which of the following is a physical benefit of mindfulness?

- (a) Increased anger
- (b) Better sleep
- (c) Less study time
- (d) Forgetfulness

Answer: _____

(iii). Which activity can be practised mindfully?

- (a) Eating
- (b) Walking
- (c) Washing dishes
- (d) All of these

Answer: _____

(iv). What should we do if our mind starts to wander?

- (a) Stop the exercise immediately
- (b) Become upset
- (c) Gently bring our attention back
- (d) Close our eyes tightly

Answer: _____

Q.3 Discuss in pairs and answer the following.

(i) Why is mindfulness important in today's fast-paced world?

(ii) How does mindfulness improve concentration?

(iii) Why should we practise mindfulness regularly?

Q.4 Write any four activities that can be practised mindfully.

1. _____
2. _____
3. _____
4. _____

Q.5 Make sentences with the following phrases.

(i) pay attention

(ii) set aside time

Q.6 Imagine you are feeling worried before an examination. How can mindfulness help you?

SECTION B - ADDITIONAL PRACTICE SET 1 (Continued)

Q.7 Grammar Practice - Identify the Types of Nouns.

India : _____

honesty : _____

team : _____

wood : _____

teacher : _____

Q.8 Fill in the blanks with suitable punctuation marks.

(i) What is mindfulness__

(ii) Hurray__ I have completed my yoga practice.

(iii) I practise yoga, meditation__ and breathing exercises.

Q.9 Prepare a poster on: 'Practise Mindfulness Every Day'

SECTION C - ADDITIONAL PRACTICE SET 2

Word Basket

- relaxed : _____
- immunity : _____
- surroundings : _____
- well-being : _____

Q.2 Read the following questions and tick the correct answer.

(i). What do we pay attention to during sensory awareness?

- (a) Only sounds
- (b) Only smells
- (c) Only sights
- (d) Sights, sounds, smells, tastes and sensations

Answer: _____

(ii). Which of the following can mindfulness improve?

- (a) Concentration
- (b) Focus
- (c) Calmness
- (d) All of these

Answer: _____

(iii). Which practice is specially mentioned to reduce blood pressure?

- (a) Playing games
- (b) Meditation and yoga
- (c) Reading storybooks
- (d) Watching television

Answer: _____

(iv). Mindfulness becomes a powerful tool through:

- (a) Luck
- (b) Competition
- (c) Regular practice
- (d) Rest

Answer: _____

Q.3 Discuss in pairs and answer the following.

(i) Why do people often worry in today's fast-paced world?

(ii) How can paying attention to our breath make us calm?

(iii) Why is patience important while learning mindfulness?

Q.4 Write any four physical or mental benefits of mindfulness.

1. _____
2. _____
3. _____
4. _____

Q.5 Make sentences with the following phrases.

(i) focus on

(ii) take time

Q.6 Imagine your friend feels nervous before a competition. What mindfulness advice would you give?

SECTION C - ADDITIONAL PRACTICE SET 2 (Continued)

Q.7 Grammar Practice - Write the type of noun.

honesty : _____

Mumbai : _____

bunch : _____

cotton : _____

garden : _____

Q.8 Rewrite the sentences using the correct punctuation marks.

(i) what is sensory awareness

(ii) wow mindfulness helps me sleep better

(iii) we practise yoga meditation and breathing exercises every morning

Q.9 Prepare a poster on: 'Yoga for a Healthy Mind and Body'

SECTION D - ADDITIONAL PRACTICE SET 3

Word Basket

- meditate : _____
- sensation : _____
- clarity : _____
- stress-free : _____

Q.2 Read the following questions and tick the correct answer.

(i). What should we notice during the three-minute breathing space exercise?

- (a) Television sounds
- (b) The movement of air in and out of our body
- (c) Our homework
- (d) Our friends

Answer: _____

(ii). Which of the following is an example of sensory awareness?

- (a) Memorising answers
- (b) Paying attention to sights and sounds around us
- (c) Watching television for long hours
- (d) Sleeping the whole day

Answer: _____

(iii). Which quality should we have while learning mindfulness?

- (a) Impatience
- (b) Anger
- (c) Patience
- (d) Fear

Answer: _____

(iv). What can mindfulness become with regular practice?

- (a) A difficult subject
- (b) A powerful tool for managing stress
- (c) A type of game
- (d) A competitive activity

Answer: _____

Q.3 Discuss in pairs and answer the following.

(i) Why should we become aware of our surroundings?

(ii) How does mindfulness help our overall well-being?

(iii) Why should we be kind to ourselves while learning mindfulness?

Q.4 Write any four situations in which mindfulness can be practised.

1. _____
2. _____
3. _____
4. _____

Q.5 Make sentences with the following phrases.

(i) bring back

(ii) become aware of

Q.6 Imagine you become angry with your friend. How can mindfulness help you control your emotions?

SECTION D - ADDITIONAL PRACTICE SET 3 (Continued)

Q.7 Grammar Practice - Identify the types of nouns.

honesty : _____

silver : _____

flock : _____

Delhi : _____

hospital : _____

Q.8 Rewrite the sentences using correct punctuation marks.

(i) where do you practise yoga

(ii) alas i forgot my yoga mat

(iii) mindfulness helps us become calm thoughtful and focused

Q.9 Prepare a poster on: 'Mindfulness for a Better Life'