

Watch the video then answer these questions

1. What three reasons are given for why students attend mindful moments?
2. What does Latonya Lee compare feeling stressed to?
3. What issues has Patterson High struggled with?
4. According to the Principal, Vance Benton, how does mindfulness help students outside of school?
5. What effect does mindfulness have on the prefrontal cortex?
6. What benefits had mindfulness brought to students at Coleman Elementary School?