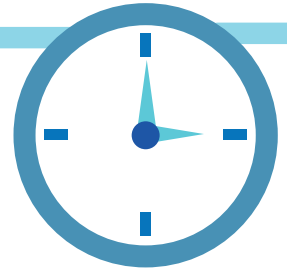


# Mindfulness = Less Mistakes, Less Time, and More Calm

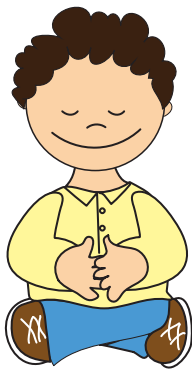
## Session 1

1. Set a timer for 30 seconds.
2. Write "I am a good multitasker" on the first line.
3. Write the numbers 1–20 on the second line.
4. Stop after 30 seconds, even if you have not finished.



## Session 2

1. Set a timer for 30 seconds.
2. Do this again, but now write "I" (on top line) and then "1" (on second line), "a" and then "2", "m" and then "3", multitasking.
3. You will write again, "I am a good multitasker" on the first line and the numbers 1 to 20 on the second line, but this time you will write them both at the same time.
4. Stop after 30 seconds, even if you have not finished.



Compare the sessions and ask yourself:  
Which session created more calm?  
Which one had fewer mistakes?  
Which one took less time?

Now guide someone else to complete this activity and see what happens!