

## AT HOME BUDDHA WALKS



### FOUR STEPS ON THE EIGHTFOLD PATH: MINDFULNESS

When a young prince of India left his kingdom to find a cure for life's suffering, the journey led him to discover eight steps to happiness: The Eightfold Path. In the 2,500 years since, many have sought to walk in his footsteps, travel this path and live by its teachings. One of these—Right Mindfulness: Keeping Constant Awareness—reminds us to live more fully in the moment, and that being “awake” means more than just getting out of bed! Can you recall a time when YOU were mindful...or wished you'd been?

**Watch the three stories on the AT HOME: MINDFULNESS webpage.**

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

- ◆ At what moment did the storyteller “wake up” and experience Mindfulness? What happened in that moment that made them fully aware and in the present?
- ◆ How did the storyteller benefit from their Mindfulness? How did being “awake” help them in this story?
- ◆ 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 ways to explore Mindfulness in your life:**

- ◆ Caption a photograph of Mindfulness and explain why you chose it.
- ◆ Create a piece of art work that shows what Mindfulness means to you.
- ◆ Tell your own story of Mindfulness in writing and/or short video.

**Then when you are done, we hope that you will share your work with your classmates and, if you would like, ask your parents or teachers to share your work with us. Together We Grow!**