

Name: _____ Date: _____

Being Mindful

Directions: Read the play *The Lost King* and the informational text “Being in the Moment.” Then answer the questions below. Use your answers to this activity to help you answer the writing contest question on page 18.

1. In “Being in the Moment,” author Maggie Pierce writes that mindfulness is “experiencing life as you live it.” Explain what she means. Draw on what Pierce writes as well as your own ideas.

Now let’s look at how the idea of mindfulness relates to the play.

2. At the beginning of the play, is the king mindful? That is, is he experiencing life as he lives it? (Hint: Think about whether the king is focused on the past, the present, or the future.) Explain, using details from the play to support your answer.

3. To what three questions does the king seek answers?

A.

B.

C.

4. What answers to his questions does the king find, and who helps him find those answers? Support your answer with text evidence.

5. How is what the king learns similar to the idea of mindfulness?