

HEALTH AND MINDFULNESS  
10<sup>th</sup> Grade Student Reflection

Student Name: \_\_\_\_\_ *As a student of Porter-Gaud*

*School, I pledge that I completed this event as intended by the Engage Program* \_\_\_\_\_ (please initial)

Advisor Name/Completion Signature \_\_\_\_\_

Name of Event: \_\_\_\_\_ Date of Event: \_\_\_\_\_

1. Why did you choose this event or activity (2-3 sentences)?
  
2. Discuss one new thing you learned and how it relates to health and mindfulness (2-3 sentences).
  
3. What was your big “takeaway” from this event? How does this relate to your own health and mindfulness (5 sentence paragraph)?