

## Mindfulness – Core Skills

**Target Audience:** Immigrants and refugees that need support in adjusting to a new culture, aid in the job search process, or knowledge in workforce expectations. These skills are intended to make the transition as easy as possible for the job seekers and their families to help them all to become successful in their new lives.

### Learning Objectives:

1. Name the 3 traits of mindfulness that support a healthier life.
2. Recognize the benefits of mindfulness on overall wellness.
3. Identify mindful techniques that promote well-being and calmness.
4. Choose effective habits to incorporate mindfulness in daily life.

**Seat Time:** 45 minutes

### Outline:

- Course Introduction
- Navigation
- Scenario Introduction
- Benefits of Mindfulness
- Anxiety and Nervousness
- Benefits Knowledge Check
- Three Traits of Mindfulness
- Attention in the Present Moment
- Acceptance and Non-Judgement
- Gratitude in Daily Life
- Mindfulness into Daily Routines
- Summary
- Assessment
- Congratulations

**Font:**

Ariel

Ariel bold (headings and titles)

Ariel italics (directions)

**Font Color:**

Font color throughout should be white or black.

**Directions Font Color:**

Italicized and palette color blue.

**Voice Over:** [Revoicer](#)  
[Jcpirela2@gmail.com](mailto:Jcpirela2@gmail.com)

**Ju2510pir**

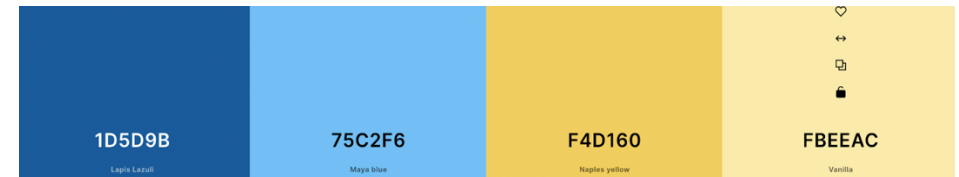
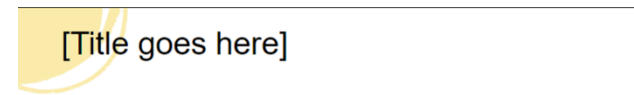
Narrator voice: Andrew (Normal)

Dr. Sage voice: Andrew (Whisper)

Lily voice: Penelope

**Avatar Options:**

**Dr. Sage:**

**Color Palette:****Header/Footer Theme:**

**Lily:**



### **Directions**

Slide directions appear at the top of the slide in italics and in a smaller font than the slide text.

Select Next directions appear on the bottom right in the same format as the slide directions.


**Images:** All images are from SL content library and are already acquired.

### **Directions:** [Notes for Reviewers]

- Please focus on the accuracy and completeness of the content during this review cycle. “Page breaks” for the online course will be adjusted after the content is edited.
- Questions for reviewers are indicated with green highlighting. All questions will need to be resolved before programming can begin.
- Track Changes is on, so please use this to make corrections. For questions or comments, please use the Comments feature.
- Remember, the text in the third column will be narrated audio. o There will be “connecting” words and phrases that would not appear in a written procedure. If the wording seems awkward to you, try reading the text aloud to see how it fits, then make changes if it still seems necessary.

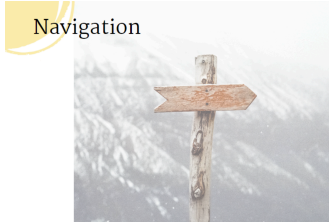
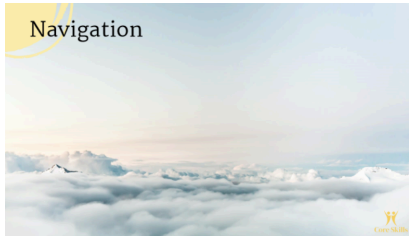
- o Formatting is merely to aid the voiceover talent: remember, learners will hear – not see – this text. o Capitalization is not important in the third column “Narration/Voiceover,” but is very important in the second column, “Slide Text.”
- o In the second and third columns, text in **red** is informational and NOT on slide.
- Optional Tip: Hiding the top and bottom margins of this document (double-clicking between the pages to “Hide/Show White Space”) will enable you to go through the storyboard more smoothly.

**Module Resources/References:** [include links or titles of attachments that will go in the Resources tab]

Slide [1.1]/ Menu Title: Welcome			Objective: [NA]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<p>No top/bottom border</p> <p>Background image: Photographic image (<i>symbolizing empathy, support, connections, or building relationships</i>)</p> <p>Course title set in rectangle overlaying the background image</p> <p>Custom Start and Navigation buttons</p> <p>Background image ideas:</p> 	<p>[Slide Title] <b>Mindfulness</b></p> <p>[Buttons] Start Navigation</p>	<p>[Narrator] Welcome to the Mastering Mindfulness course. Join us to embark on a journey to discover inner peace as we explore the art of mindfulness and develop a more balanced and peaceful life.</p> <p>If you are familiar with the course navigation player, select the Start button to begin. If you would like some guidance with navigating the course, select the Navigation button.</p>	<p>The Start and Navigation buttons will fade in timed with the VO reference</p> <p>The Start button will jump to slide 1.3</p>




**Notes:**





Slide [1.2/ Menu Title: Navigation			Objective: [NA]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<p>Player shows the Menu on the left.</p> <p>Background image: Photographic image to symbolize navigation</p> <p>Option to take up whole slide or be centered and have white space around image.</p> <p>Caption bubbles with labels point to player features.</p> <p>Background image ideas:</p> <div>  </div> <div>  </div>	<p>[Slide Title] <b>Navigation</b></p> <p>[Directions] Use these options to navigate the course.</p> <p>[Captions] Next Previous Accessibility Volume Replay Seekbar Play/Pause Menu Resource</p>	<p>[Narrator] Please take a moment to review the course player so you feel comfortable navigating throughout the course. If you know your way around, you may proceed to the next slide.</p> <p>If you'd like to go backward or forward in the course, click the previous or next buttons. Accessibility options are located here. To adjust the volume, select the volume icon. Select the replay button to see the entire slide again or adjust the seekbar at any time to review a portion of the slide. You can also pause the player. Select the same button again to resume play. Revisit a slide by using the menu on the left. Finally, select the Resources tab to learn more. Select the next button to now begin the course.</p>	<p>Caption bubbles with the text labels will fade in timed with their reference in the audio.</p>

<b>Notes:</b>			


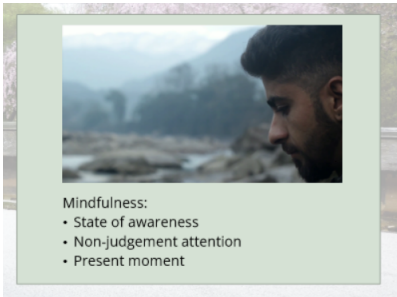
Slide [1.3]/ Menu Title: Mindfulness Scenario			Objective: [NA]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<p>Background Image: Garden setting. Slide begins with Lily looking stressed. Dr. Sage is conversational.</p> <p>Lily is slightly offset to the left side looking at the Dr. Sage. Dr. Sage is on the right and remains slightly offset. Caption bubbles track their conversation. As they converse, the caption bubbles will remain between them.</p> <p>Lily changes from stressed to interested.</p> <p>Dr. Sage changes from conversational to content when Lily says “My friend said mindfulness might help.”</p> <p>No header, just the logo on the bottom right corner.</p> <p>Background Idea:</p>	<p>[Slide Title] <b>Mindfulness Scenario</b></p> <p>[Lily] Hi, Dr. Sage I've been very stressed and anxious lately.</p> <p>[Dr. Sage] You're in the right place. Mindfulness can be a game-changer for everyday stress, anxiety, and nervousness.</p>	<p>[Narrator] Lily has been feeling very stressed and anxious lately.</p> <p>She’s been having trouble focusing at work, and it is beginning to affect her work performance.</p> <p>Her co-worker said mindfulness might help.</p> <p>Lily signed up for a one-on-one session with a mindfulness expert, Dr. Sage.</p> <p>[Lily] Hi, Dr. Sage I've been very stressed and anxious lately.</p> <p>[Dr. Sage] You're in the right place. Mindfulness can be a game-changer for everyday stress, anxiety, and nervousness.</p>	<p>Slide begins with Dr. Sage approaching Lily. Dr. Sage appears and moves along the motion path on the right.</p> <p>Caption bubbles track their conversation, with slide text fading in and out timed with VO.</p> <p>The Next button will be hidden on this slide until the timeline ends.</p> <p>The Next button will jump to slide 1.4.</p>

			
<b>Notes:</b>			

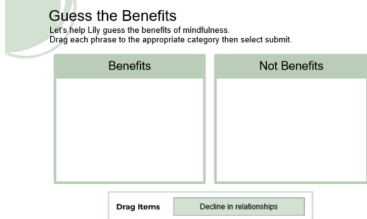
Slide [1.4]/ Menu Title: Learning Objectives			Objective: [NA]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<p>Background is white.</p> <p>The title is on the left and is in black writing, behind it in the left corner is the yellow drawn circle in images.</p> <p>There are 4 post-it notes in the center of the blackboard. These will hold the objectives.</p> <p>Dr. Sage is conversational. Amira is listening.</p> <p>The logo is on the bottom right of the screen. This will appear in the same position throughout the course.</p>	<p>[Slide Title] <b>Learning Objectives</b></p> <p>[Dr. Sage] By the end of our journey, you will be able to:</p> <ul style="list-style-type: none"> <li>• Name the 3 traits of mindfulness that support a healthier life.</li> <li>• Recognize the benefits of mindfulness on overall wellness.</li> <li>• Identify mindful techniques that promote well-being and calmness.</li> <li>• Choose effective habits to incorporate</li> </ul>	<p>[Dr. Sage] By the end of our journey, you will be able to:</p> <ul style="list-style-type: none"> <li>• Name the 3 traits of mindfulness that support a healthier life.</li> <li>• Recognize the benefits of mindfulness on overall wellness.</li> <li>• Identify mindful techniques that promote well-being and calmness.</li> <li>• Choose effective habits to incorporate mindfulness in daily life.</li> </ul> <p>[Narrator] Select Next to learn more.</p>	<p>Dr. Sage is conversational and Lily is listening.</p> <p>The text will fade in timed with the VO.</p> <p>Directions appear on the bottom right of the screen and fade in timed with the VO.</p> <p>Next button jumps to slide 1.5.</p>

<p>Learning Objectives</p>    	<p>mindfulness in daily life.</p> <p>[Directions] Select Next to continue.</p>		
<p><b>Notes:</b></p>			

Slide [1.5]/ Menu Title: What is Mindfulness? Objective: [1]			
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<p>Background Image: Garden setting. Slide begins with Lily interested. Dr. Sage is conversational.</p> <p>Picture zooms in when Dr. Sage defines mindfulness. It zooms closer to Dr. Sage. He has thought bubbles that the learner can see. Within the thought bubble a short video appears, along with text underneath to list the main points of mindfulness.</p> <p>When it zooms back out the butterfly appears when Dr. Sage says “Let’s practice mindfulness.”</p>	<p>[Slide Title] <b>What is Mindfulness?</b></p> <p>[Dr. Sage] Mindfulness:</p> <ul style="list-style-type: none"> <li>• Awareness in the present moment</li> <li>• Senses</li> <li>• Acceptance and Non-judgement</li> <li>• Gratitude</li> </ul> <p>[Directions] Select Next to learn more.</p>	<p>[Lily] That sounds great, but what exactly is mindfulness?</p> <p>[Dr. Sage] <i>Mindfulness is a state of awareness in the present moment. It involves accepting what’s happening without judgment, and feeling gratitude for the present moment.</i></p> <p>Let’s practice mindfulness. Look at this butterfly and take a deep breath. Focus all your attention on it. Notice its colors, the patterns on its wings, and how it moves. The butterfly lives in the now, and so can you. Feel your body and breath. Notice the sensations or thoughts that arise without judgment. Feel the calmness from just being here, watching this butterfly. <i>That’s mindfulness.</i></p>	<p>Slide begins with Dr. Sage and Lily facing the learner.</p> <p>Caption bubbles track their conversation, with slide text fading in and out timed with VO.</p> <p>The butterfly floats in on a motion path. It moves along the motion path to the left.</p> <p>The Next button will be hidden on this slide until the timeline ends.</p> <p>The Next button will jump to slide 1.6.</p>

  <p>Mindfulness:</p> <ul style="list-style-type: none"> <li>• State of awareness</li> <li>• Non-judgement attention</li> <li>• Present moment</li> </ul>		<p>[Lily] Cool, so it's paying attention to what's happening right now. But what are the benefits of mindfulness?</p> <p>[Narrator] Select Next to learn more.</p>	
<b>Notes:</b>			

Slide [1.6]/ Menu Title: Benefits of Mindfulness Knowledge Check [HIDDEN]		Objective: [1]	
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<p>The title is on the left and is in black writing, behind it in the left corner is the green drawn circle. The directions are below the circle.</p> <p>Two large rectangles take up the center of the screen. The titles are at the top. They use thumbs up, thumbs down, and are green.</p>	<p>[Slide Title] <b>Guess the Benefits</b></p> <p>[Directions] Let's help Lily guess the benefits of mindfulness. Drag each phrase to the appropriate category then select submit.</p> <p>[Rectangle 1]</p>	<p>[Narrator] Let's help Lily guess the benefits of mindfulness. Drag each phrase to the appropriate category then select submit.</p>	<p>The learner needs to drag and drop all the drag items to the correct category of "Benefits" and "Not Benefits".</p> <p>The learner will have 2 tries.</p> <p>When the learner selects Submit, it will show the correct or incorrect states.</p>

<p>Free form drag and drop.</p> 	<p>Benefits</p> <p>[Rectangle 2]</p> <p>Not Benefits</p> <p>[Answer choices]</p> <ul style="list-style-type: none"> <li>● <b>Reduced stress and anxiety</b></li> <li>● <b>Emotional regulation</b></li> <li>● <b>Improved attention</b></li> <li>● <b>Greater compassion and empathy</b></li> <li>● Extra work</li> <li>● Increase in sadness</li> <li>● Decline in relationships</li> </ul>		<p>The Next and Previous buttons are hidden on this slide.</p> <p>Submit button advances to slide 1.7.</p>
<p><b>Notes:</b></p>			

Slide [1.6a]/ Menu Title: Correct [HIDDEN]			Objective: [1]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<p>There is a large rectangle in the center of the screen to customize the feedback.</p> <p>Checkmark appears at the top of the rectangle.</p> <p>Directions in the middle.</p> <p>Customized Continue button on the bottom.</p>	<p>[Slide Title]</p> <p><b>Correct</b></p> <p>Great job!</p> <p>[Button]</p> <p>Continue</p>	<p>[Narrator]</p> <p>Great job! You got it. Select Continue to proceed.</p>	<p>Delete the built in buttons and textboxes on the feedback layer and hide the remaining objects by using a white rectangle to cover objects on the slide. The Continue button uses the same trigger that was originally on the built-in button on this layer.</p>

			Continue button advances to slide 1.7.
<b>Notes:</b>			

Slide [1.6b]/ Menu Title: Try Again [HIDDEN]			Objective: [1]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<b>Same as slide 1.6a.</b>  X appears at top.	[Slide Title] <b>Try Again</b>	[Narrator] You're starting to get it. Select the Try Again button to see if you can answer the question correctly.	Delete the built in buttons and textboxes on the feedback layer and hide the remaining objects by using a white rectangle to cover objects on the slide. The Try Again button uses the same trigger that was originally on the built-in button on this layer.
<b>Notes:</b>			

Slide [1.6c]/ Menu Title: Incorrect [HIDDEN]			Objective: [1]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<b>Same as slide 1.6a.</b>  X appears at top.	[Slide Title] <b>Incorrect</b>  Let's keep going. Select Continue to learn about the benefits of mindfulness.  [Button] Continue	[Narrator] Not quite. Let's keep going. You'll get it! Select Continue to proceed.	Delete the built in buttons and textboxes on the feedback layer and hide the remaining objects by using a white rectangle to cover objects on the slide. The Continue button uses the same trigger that was originally on the built-in button on this layer.
<b>Notes:</b>			

Slide [1.7]/ Menu Title: Benefits of Mindfulness			Objective: [1]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<p><b>Same as slide 1.5.</b></p> <p>4 boxes appear timed with the VO.</p>	<p>[Slide Title] <b>Benefits of Mindfulness</b></p> <p>[Dr. Sage] Benefits of Mindfulness</p> <ul style="list-style-type: none"> <li>• Reduced stress and anxiety</li> <li>• Emotional regulation</li> <li>• Improved attention</li> <li>• Greater compassion</li> </ul> <p>[Directions] Select Next to continue.</p>	<p>[Dr. Sage] Mindfulness can do wonders for your well-being. The top benefits of mindfulness are: Mindfulness can do wonders for your well-being. The top benefits of mindfulness are:</p> <ul style="list-style-type: none"> <li>• Reduced Stress and Anxiety</li> <li>• Emotional Regulation</li> <li>• Improved Attention</li> <li>• Greater Compassion</li> </ul> <p>[Narrator] Select Next to continue.</p>	<p>Videos and text float in timed with the VO.</p> <p>The Next button will be hidden on this slide until the timeline ends.</p> <p>The Next button will jump to slide 1.8</p>
<b>Notes:</b>			

Slide [1.7a]/ Menu Title: Reduced Stress and Anxiety			Objective: [#]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<p><b>Same as slide 1.7.</b></p> <p>A video and text appear timed with the VO.</p>	<p>[Slide Title] <b>Reduced Stress and Anxiety</b></p>	<p>[Dr. Sage]</p> <ul style="list-style-type: none"> <li>• Mindfulness can help you feel more relaxed and less worried.</li> </ul>	
<b>Notes:</b>			

Slide [1.7b]/ Menu Title: Emotional Regulation			Objective: [#]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<p><b>Same as slide 1.7.</b></p>	<p>[Slide Title] <b>Emotional Regulation</b></p>	<p>[Dr. Sage]</p>	



		<ul style="list-style-type: none"> <li>• Mindfulness can help you control your emotions and reactions.</li> </ul>	
<b>Notes:</b>			

Slide [1.7c]/ Menu Title: Improved Attention			Objective: [#]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as slide 1.7.	[Slide Title] <b>Improved Attention</b>	[Dr. Sage] <ul style="list-style-type: none"> <li>• You'll find it easier to focus on things.</li> </ul>	
<b>Notes:</b>			

Slide [1.7d]/ Menu Title: <i>Greater Compassion</i>			Objective: [#]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as slide 1.7.	[Slide Title] <b>Greater Compassion</b>	[Dr. Sage] <ul style="list-style-type: none"> <li>• Mindfulness can make you kinder and more understanding.</li> </ul>	
<b>Notes:</b>			

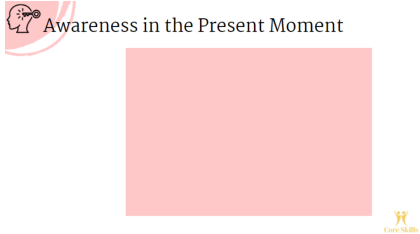
Slide [1.8]/ Menu Title: Mindfulness and Anxiety			Objective: [1]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as slide 1.5.	[Slide Title] <b>Mindfulness and Anxiety</b>  <b>Mindfulness and Anxiety:</b>	[Lily] <i>Can you tell me more about how mindfulness can help with anxiety?</i> [Dr. Sage]	Videos and text float in timed with the VO.

	<ul style="list-style-type: none"> <li>• Mindfulness helps reduce anxiety, depression, overthinking, and worrying thoughts</li> <li>• Mindfulness teaches how to respond to stress with awareness</li> <li>• Use alongside a good night's sleep, exercise, and hydration</li> </ul> <p>[Directions] Select Next to continue.</p>	<p>Of course! Everyone experiences anxiety and nervousness at times. Research has found that mindfulness helps reduce anxiety and depression. It teaches us how to respond to stress with awareness, rather than simply reacting and being unaware of your thoughts and emotions. Mindfulness, getting plenty of sleep, exercising, and staying hydrated are all great ways to reduce anxiety.</p> <p>[Narrator] Select Next to continue.</p>	<p>The Next button will be hidden on this slide until the timeline ends.</p> <p>The Next button will jump to slide 1.9.</p>
<b>Notes:</b>			

Slide [1.9]/ Menu Title: 3 Characteristics of Mindfulness			Objective: [2]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<p>Use header/footer theme</p> <p>Three circles appear under title centered on the slide. Each circle is a different color from the color palette.</p> <p>The icons are pasted in each circle, and the titles are listed below the circles. Add a transparent circle over top of each for state changes.</p> <p>Dr. Sage and Lily appear at the bottom of the screen.</p>	<p>[Slide Title] <b>3 Traits of Mindfulness</b></p> <p>Exactly! Let's dive deeper into the 3 traits of mindfulness. As I mentioned, the 3 traits of mindfulness are:</p> <ul style="list-style-type: none"> <li>• Awareness in the Present Moment</li> <li>• Acceptance and Non-Judgement</li> <li>• Gratitude in Daily Life</li> </ul>	<p>[Dr. Sage] Let's dive deeper into the 3 traits of mindfulness. As I mentioned, the 3 traits of mindfulness are:</p> <ul style="list-style-type: none"> <li>• Awareness in the Present Moment</li> <li>• Acceptance and Non-Judgement</li> <li>• Gratitude in Daily Life</li> </ul> <p>Let's explore these three traits, along with specific techniques you can include in your daily life.</p>	<p>This is the home to the branching of the 3 Characteristics of Mindfulness.</p> <p>Each key will float in timed with the VO.</p> <p>Use the transparent circle to make state changes.</p> <p>The learner will return to this home slide after visiting each of the 3 characteristics. Each</p>

<p>Dr. Sage is on the right and Lily is on the left.</p> <p>Directions appear on the bottom of the screen.</p> <p>Prototypes:</p>	<p>Let's explore these three traits, along with specific techniques you can include in your daily life.</p> <p>[Directions] Select each circle to learn more.</p>	<p>[Narrator] When you are ready, select each circle to continue.</p>	<p>circle will have a hover and visited state.</p> <p>Once the learner has selected all 3, the Next button will appear. This will take a True/ False variable.</p> <p>Custom buttons. When the learner clicks each one, they will jump to the corresponding slide.</p> <p>1 Jumps to slide 1.10 2 Jumps to slide 1.13 3 Jumps to slide 1.16</p> <p><b><i>The Next button is hidden.</i></b></p> <p>The buttons are restricted until the VO ends.</p>
<p><b>Notes:</b></p>			

Slide [1.10]/ Menu Title: Awareness in the Present Moment			Objective: [2]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<p>Use header/footer theme, but the header color changes to the same color of the circle that was selected on slide 1.9.</p> <p>The icon relating to the image appears on the left circle.</p> <p>The title appears to the right of the image.</p>	<p>[Slide Title] <b>Awareness in the Present Moment</b></p> <p>[Dr. Sage] Awareness in the Present Moment:</p>	<p>[Dr. Sage] Awareness is important in mindfulness because it helps us focus on the present moment. When we enjoy and appreciate the present moment, it can bring peace into our lives. It helps to become aware of</p>	<p>Slide text will float in timed with the VO.</p> <p>Next button is disabled until the timeline has completed.</p> <p>The Next button advances to slide 1.11.</p>

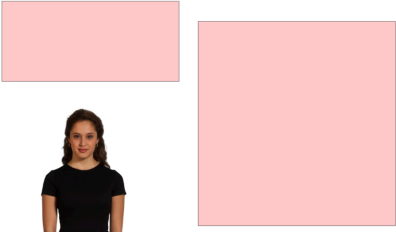
<p>Only Dr. Sage appears on this slide. He is located on the bottom left.</p> <p>The definition and description will be presented in the white space below the title.</p> <p>This will be the same layout for each of the three traits/ characteristics.</p> <p>Directions appear on the bottom right in italics.</p> 	<ul style="list-style-type: none"> <li>• Helps with focus on the present moment</li> <li>• Brings peace</li> <li>• Brings attention to senses</li> </ul> <p>Awareness Techniques:</p> <ul style="list-style-type: none"> <li>• Mindful Breathing</li> <li>• Mindful Walking</li> <li>• Mindful Eating</li> </ul> <p>[Directions] Select Next to continue.</p>	<p>your senses. Think about what you see, hear, feel, and taste.</p> <p>Some techniques that will help you pay attention to yourself and your surroundings are:</p> <p>Mindful Breathing: Is the most important mindfulness technique. It is paying attention to your breath, breathing in and out slowly, to help calm your mind and reduce stress.</p> <p>Mindful Walking: Is walking slowly and noticing each step, feeling the ground, and being present to enjoy the moment. Use your senses.</p> <p>Mindful Eating: Eating slowly, savoring the flavors, and paying full attention to your food to appreciate and enjoy your meal. Again, use your senses.</p> <p>[Narrator] Select Next to learn more about mindful breathing.</p>	
<p><b>Notes:</b></p>			

Slide [1.11]/ Menu Title: Box Breathing Interactivity Video [HIDDEN]			Objective: [2,3]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same background as slide 1.5.	[Slide Title] <b>Box Breathing Video</b>	[Dr. Sage] How are you feeling now, Lily?	Dr. Sage and Lily appear on motion paths.

<p>Dr. Sage is conversational. Lily looks stressed.</p> <p>Lily listens to Dr. Sage and does as he instructs. As he goes through each of the four steps, each step will draw a side of a box to indicate the “box breathing”.</p>	<p>Box Breathing</p> <ol style="list-style-type: none"> <li>1. Breathe in slowly through nose</li> <li>2. Hold</li> <li>3. Breath out slowly through mouth</li> <li>4. Hold</li> </ol> <p>[Directions] Select Next to continue.</p>	<p>[Lily] I'm still feeling stressed and anxious, Dr. Sage.</p> <p>[Dr. Sage] Let's try a mindfulness technique called box breathing. Breathing is very effective in helping reduce anxiety. It is a great technique to practice at work as well.</p> <p>First, bring awareness to your body and center yourself.</p> <p>Be in the present moment. Breathe in through your nose and out through your mouth. Close your eyes.</p> <p>Breathe in. Two. Three. Four.</p> <p>Hold. Two. Three. Four.</p> <p>Release. Two. Three. Four.</p>	<p>Visuals will float in times with VO.</p> <p>Next button is disabled until the timeline has completed.</p> <p>The Next button advances to slide 1.12.</p>
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		<p>Hold. Two. Three. Four....</p> <p>Repeat three more times. How do you feel now Lily?</p> <p>[Lily] I feel so much better, thank you! I look forward to using box breathing more.</p> <p>[Narrator] Select Next to continue.</p>	
<b>Notes:</b>			

Slide [1.12]/ Menu Title: Scenario 1: Awareness [HIDDEN]			Objective: [2, 3]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<p>No header/footer theme</p> <p>Large rectangle appears in the top left. The rectangle is white or filled with palette color. This contains the Scenario Situation text.</p> <p>Amira is located on the bottom left. Her expression is thoughtful.</p> <p>The question and answer choices are below the Scenario Situation.</p>	<p>[Slide Title] <b>Scenario 1</b></p> <p>You're sitting down to enjoy your lunch in the office lunchroom. Today, you've decided to practice mindful eating to promote a healthier relationship with food and to savor each bite. As you eat, you notice some sensations and thoughts: The smell of your food. The taste of the</p>	<p>[Narrator] Let's help Lily select the best choice. When you are ready, select submit.</p>	<p>Allow 2 attempts</p> <p>The slide results will return to base slide 1.9.</p>

<p>They are placed in a similar rectangle as the above.</p> <p>Prototypes:</p> <div data-bbox="174 391 567 621">  </div>	<p>first bite is delicious. Your phone buzzes with a notification. What should you do in this situation?</p> <ol style="list-style-type: none"> <li>Reach for your phone immediately to check the notification while continuing to eat.</li> <li><b>Put your phone aside, take a deep breath, and bring your full attention back to your meal, savoring each bite mindfully.</b></li> <li>Finish your meal as quickly as possible so you can respond to the notification promptly.</li> </ol> <p>[Directions] Select the best answer, then select Submit.</p>		
<p><b>Notes:</b></p>			

Slide [1.12a]/ Menu Title: Correct [HIDDEN]			Objective: [1]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<p>There is a large rectangle in the center of the screen to customize the feedback.</p>	<p>[Slide Title] <b>Correct</b></p> <p>Great job!</p>	<p>[Narrator] Great job! You got it. Select Continue to proceed.</p>	<p>Delete the built in buttons and textboxes on the feedback layer and hide the remaining objects by using a white</p>

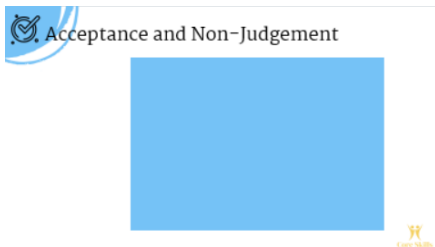
Checkmark appears at the top of the rectangle. Directions in the middle. Customized Continue button on the bottom.	Mindful eating involves paying attention to every aspect of the meal. It helps you develop a healthier relationship with food.  [Button] Continue		rectangle to cover objects on the slide. The Continue button uses the same trigger that was originally on the built-in button on this layer.  Continue button advances to slide 1.9.
<b>Notes:</b>			

Slide [1.12b]/ Menu Title: Try Again [HIDDEN]			Objective: [1]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<b>Same as slide 1.6b.</b>  X appears at top.	[Slide Title] <b>Try Again</b>  Remember to remain present and fully engage with your meal.  [Button] Try Again	[Narrator] You're starting to get it. Select the Try Again button to see if you can answer the question correctly.	Delete the built in buttons and textboxes on the feedback layer and hide the remaining objects by using a white rectangle to cover objects on the slide. The Try Again button uses the same trigger that was originally on the built-in button on this layer.
<b>Notes:</b>			


Slide [1.12c]/ Menu Title: Incorrect [HIDDEN]			Objective: [1]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<b>Same as slide 1.6c.</b>  X appears at top.	[Slide Title] <b>Incorrect</b>  Multitasking and rushing does now demonstrate mindfulness. It's better to	[Narrator] Not quite. Let's keep going. You'll get it! Select Continue to proceed.	Delete the built in buttons and textboxes on the feedback layer and hide the remaining objects by using a white rectangle to cover objects on the slide. The Continue button



	remain present and fully engage with your meal.  [Button] Continue		uses the same trigger that was originally on the built-in button on this layer.
<b>Notes:</b>			

Slide [1.13]/ Menu Title: Acceptance and Non-Judgement			Objective: [2]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<p>Same as slide 1.10.</p> 	<p>[Slide Title]  <b>Acceptance and Non-Judgement</b></p> <p>[Dr. Sage]          Acceptance and Non-Judgement:</p> <ul style="list-style-type: none"> <li>• Accept what's happening</li> <li>• No need to change</li> <li>• Do not label as good or bad</li> <li>• Simply let it be</li> </ul> <p>Acceptance Techniques:</p> <ul style="list-style-type: none"> <li>• Body Scan Meditation:             <ul style="list-style-type: none"> <li>○ Lessens anxiety</li> <li>○ Decreases stress</li> </ul> </li> </ul>	<p>[Dr. Sage]          Acceptance and non-judgment in mindfulness is simply accepting what's happening right now. You don't need to change it or decide if it's good or bad; you simply let it be. A common technique to practice mindfulness is a body scan meditation. It's a peaceful journey through your own body that has many benefits. A body scan meditation helps to lessen anxiety, decrease stress, and improve sleep quality</p> <p>[Narrator]          Select Next to learn more about body scan meditations.</p>	<p>Slide text will float in timed with the VO.</p> <p>Next button is disabled until the timeline has completed.</p> <p>The Next button advances to slide 1.14.</p>

	○ Improves sleep		
<b>Notes:</b>			

Slide [1.14]/ Menu Title: Acceptance Interactivity: Body Scan Meditation [HIDDEN]			Objective: [2, 3]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<p>Image contains an image of a body with number buttons on it.</p> 	<p>[Slide Title] <b>Acceptance</b></p> <ol style="list-style-type: none"> <li>1. Head</li> <li>2. Neck, Shoulders, and Throat</li> <li>3. Arms</li> <li>4. Chest</li> <li>5. Back</li> <li>6. Legs</li> <li>7. Feet</li> </ol>	<p>[Dr. Sage] Let's begin with your breath. Take three deep breaths in through your nose and out through your mouth. Close your eyes, and let your breath return to normal. Start at the top of your head and slowly scan down to your toes, paying attention to each part as you go. If you encounter discomfort or pain, acknowledge it without judgment, and keep breathing through it. When you're ready, select number 1.</p> <p>[Narrator] Once you have selected all the numbers, select Next to continue.</p>	<p>Each of the number buttons will float in timed with the VO.</p> <p>When the learner clicks the buttons, it will take them to that layer. The layer will appear to the side of the body image.</p> <p>The Next button will appear once all layers have been visited.</p> <p>Next button goes to slide 1.15.</p>
<b>Notes:</b>			

Slide [1.14a]/ Menu Title: 1. Head [HIDDEN]			Objective: [2, 3]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:

Same as slide 1.14, but a small box appears to the side of the body image. This box contains an image and the text.	[Slide Title] <b>1. Head</b>	[Dr. Sage] Focus on your head, including your scalp and face, and feel your breath moving in and out.	Slide text will float in timed with the VO.  Button has a visited state.  Uncheck top button on layer properties so base layer and directions show through on every layer, and there VO does not overlap.
<b>Notes:</b>			

Slide [1.14b]/ Menu Title: 2. Neck, Shoulders, and Throat [HIDDEN]			Objective: [2, 3]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as slide 1.14.	[Slide Title] <b>2. Neck, Shoulders, and Throat</b>	[Dr. Sage] Neck, Shoulders, and Throat: Be aware of tension in this area and let it roll away as you breathe.	Slide text will float in timed with the VO.  Button has a visited state.  Uncheck top button on layer properties so base layer and directions show through on every layer, and there VO does not overlap.
<b>Notes:</b>			

Slide [1.14c]/ Menu Title: 3. Arms [HIDDEN]			Objective: [2, 3]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:

Same as slide 1.14.	[Slide Title] <b>3. Arms</b>	[Dr. Sage] Notice the sensations in your arms, without judgment, and feel them soften with each exhale.	Slide text will float in timed with the VO.  Button has a visited state.  Uncheck top button on layer properties so base layer and directions show through on every layer, and there VO does not overlap.
Notes:			

Slide [1.14d]/ Menu Title: 4. Chest [HIDDEN]			Objective: [2, 3]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as slide 1.14.	[Slide Title] <b>4. Chest</b>	[Dr. Sage] Pay attention to your heartbeat and the rise and fall of your chest as you breathe.	Slide text will float in timed with the VO.  Button has a visited state.  Uncheck top button on layer properties so base layer and directions show through on every layer, and there VO does not overlap.
Notes:			

Slide [1.14e]/ Menu Title: 5. Back [HIDDEN]			Objective: [2, 3]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:

Same as slide 1.14.	[Slide Title] <b>5. Back</b>	[Dr. Sage] Curiously explore sensations in your back, whether muscle sensations, temperature, or points of contact.	Slide text will float in timed with the VO.  Button has a visited state.  Uncheck top button on layer properties so base layer and directions show through on every layer, and there VO does not overlap.
Notes:			

Slide [1.14f]/ Menu Title: 6. Legs [HIDDEN]			Objective: [2, 3]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as slide 1.14.	[Slide Title] <b>6. Legs</b>	[Dr. Sage] If your mind wanders, gently bring your focus back to your legs; accept any discomfort without judgment.	Slide text will float in timed with the VO.  Button has a visited state.  Uncheck top button on layer properties so base layer and directions show through on every layer, and there VO does not overlap.
Notes:			

Slide [1.14g]/ Menu Title: 7. Legs [HIDDEN]			Objective: [2, 3]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as slide 1.14.	[Slide Title] <b>7. Feet</b>	[Dr. Sage]	Slide text will float in timed with the VO.

		Let your breath travel down to your feet, embracing whatever sensations or lack of sensations you may feel, and when ready, gently open your eyes.	<p>Button has a visited state.</p> <p>Uncheck top button on layer properties so base layer and directions show through on every layer, and there VO does not overlap.</p>
<b>Notes:</b>			

Slide [1.15]/ Menu Title: Scenario 2: Acceptance [HIDDEN]			Objective: [2, 3]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as slide 1.12.	<p>[Slide Title]</p> <p><b>Scenario 2: Acceptance</b></p> <p>You've had a long day at work. As you settle into your favorite chair at home, you decide to practice mindfulness to unwind and relax. You choose to do a Body Scan Meditation. During the Body Scan, you slowly move your awareness from head to toe, paying close attention to the sensations in your body. As you reach your lower back, you notice a pain. What should you do in this situation?</p> <p>A. Ignore the discomfort and continue with the</p>	<p>[Narrator]</p> <p>Let's help Lily select the best choice. When you are ready, select submit.</p>	<p>Allow 2 attempts</p> <p>The slide results will return to base slide 1.9.</p>

	<p>Body Scan, focusing on the parts of your body that feel fine.</p> <p>B. Stop the Body Scan at the point of discomfort and try to mentally "fix" the discomfort by imagining it going away.</p> <p>C. <b>Pause the Body Scan at the point of discomfort, acknowledge the sensation, and continue scanning with an attitude of non-judgmental acceptance.</b></p> <p>[Directions] Select the best answer, then select Submit.</p>		
<b>Notes:</b>			

Slide [1.15a]/ Menu Title: Correct [HIDDEN]			Objective: [2, 3]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as 1.6a.	<p>[Slide Title]</p> <p><b>Correct</b></p> <p>Great job!</p>	<p>[Narrator]</p> <p>Great job! You got it. Select Continue to proceed.</p>	<p>Delete the built in buttons and textboxes on the feedback layer and hide the remaining objects by using a white rectangle to cover objects on</p>

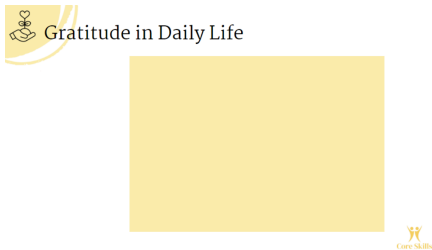
	<p>Mindfulness encourages non-judgmental awareness of your experiences, including discomfort or pain.</p> <p>[Button] Continue</p>		<p>the slide. The Continue button uses the same trigger that was originally on the built-in button on this layer.</p>
<b>Notes:</b>			

Slide [1.15b]/ Menu Title: Try Again [HIDDEN]			Objective: [2, 3]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<p><b>Same as slide 1.6b.</b></p> <p>X appears at the top.</p>	<p>[Slide Title] <b>Try Again</b></p> <p>In mindfulness, it is always more beneficial to demonstrate awareness.</p> <p>[Button] Try Again</p>	<p>[Narrator] You're starting to get it. Select the Try Again button to see if you can answer the question correctly.</p>	<p>Delete the built in buttons and textboxes on the feedback layer and hide the remaining objects by using a white rectangle to cover objects on the slide. The Try Again button uses the same trigger that was originally on the built-in button on this layer.</p>
<b>Notes:</b>			

Slide [1.15c]/ Menu Title: Incorrect [HIDDEN]			Objective: [2, 3]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<p><b>Same as slide 1.6c.</b></p> <p>X appears at the top.</p>	<p>[Slide Title] <b>Incorrect</b></p> <p>Mindfulness encourages non-judgmental awareness of</p>	<p>[Narrator] Not quite. Let's keep going. You'll get it! Select Continue to proceed.</p>	<p>Delete the built in buttons and textboxes on the feedback layer and hide the remaining objects by using a white rectangle to cover objects on</p>



	<p>your experiences, including discomfort or pain. By acknowledging the sensation and continuing without trying to change it, you practice mindfulness effectively.</p> <p>[Button] Continue</p>		<p>the slide. The Continue button uses the same trigger that was originally on the built-in button on this layer.</p>
<b>Notes:</b>			

Slide [1.16]/ Menu Title: Gratitude in Daily Life			Objective: [2, 3]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<p><b>Same as slide 1.10.</b></p> <p>Click and reveal some examples of turning negative thoughts to a gratitude perspective.</p> 	<p>[Slide Title] <b>Gratitude in Daily Life</b></p> <p>[Dr. Sage] Gratitude:</p> <ul style="list-style-type: none"> <li>• Being thankful and positive</li> </ul> <p>Gratitude Techniques:</p> <ul style="list-style-type: none"> <li>• Gratitude journal <ul style="list-style-type: none"> <li>◦ Write down 5 things you're thankful for</li> <li>◦ Studies show an increases in happiness</li> <li>◦ Shifts to a positive focus</li> </ul> </li> </ul>	<p>[Dr. Sage] Gratitude means focusing on the things in our lives that make us feel thankful. It's a key to unlock positive feelings. One technique we can use is a Gratitude Journal, where you write down five things you're thankful for. Studies show that this is a proven way to increase your happiness. Practicing gratitude through a gratitude journal can lead to increased happiness over time and helps shift the focus from what's missing to what's positive in life. Let's give it a try.</p> <p>[Narrator] Select Next to practice gratitude.</p>	<p>Slide text will float in timed with the VO.</p> <p>Next button is disabled until the timeline has completed.</p> <p>The Next button returns to slide 1.9.</p>

	<p>■</p> <p>[Directions] Select Next to continue.</p>		
<b>Notes:</b>			

Slide [1.17]/ Menu Title: Gratitude Interactivity [HIDDEN]			Objective: [2, 3]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
	<p>[Slide Title]</p> <p>Negative Thought: "It's raining again."</p> <p>Gratitude Perspective: "Rain nourishes the earth and helps flowers bloom."</p> <p>Negative Thought: "I made a mistake at work."</p> <p>Gratitude Perspective: "Mistakes help me learn and grow."</p> <p>Negative Thought: "I'm stuck in traffic."</p> <p>Gratitude Perspective: "Traffic gives me time to enjoy my favorite music."</p>	<p>[Dr Sage]</p> <p>Have you ever struggled to change negative thoughts into positive ones? Let's help Lily change her negative thoughts into more grateful ones. Drag and drop the negative phrases to the best grateful perspectives. When you are ready, select Submit.</p>	

	<p>Negative Thought: "I have so much to do; it's overwhelming."</p> <p>Gratitude Perspective: "Having things to do helps me grow."</p> <p>Negative Thought: "I'm not as successful as I'd like to be."</p> <p>Gratitude Perspective: "I'm grateful for my progress and the journey I'm on."</p> <p>[Directions] Drag and drop the negative phrases to the best grateful perspectives. When you are ready, select Submit.</p>		
<b>Notes:</b>			

Slide [1.17a]/ Menu Title: Correct [HIDDEN]			Objective: [2, 3]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as slide 1.6a.	<p>[Slide Title] <b>Correct</b></p> <p>Great job! You are an expert at changing your thoughts. Keep up the good work!</p> <p>[Button] Continue</p>	<p>[Narrator] Great job! You got it. Select Continue to proceed.</p>	<p>Delete the built in buttons and textboxes on the feedback layer and hide the remaining objects by using a white rectangle to cover objects on the slide. The Continue button uses the same trigger that was originally on the built-in button on this layer.</p>

<b>Notes:</b>			

Slide [1.17b]/ Menu Title: Try Again [HIDDEN]			Objective: [2, 3]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<b>Same as slide 1.6a.</b>  X appears at the top.	[Slide Title] <b>Try Again</b>  Feeling overwhelmed can shift into growth, and unsuccessful thoughts can shift into progress on your life's journey.  [Button] Try Again	[Narrator] You're starting to get it. Select the Try Again button to see if you can answer the question correctly.	Delete the built in buttons and textboxes on the feedback layer and hide the remaining objects by using a white rectangle to cover objects on the slide. The Try Again button uses the same trigger that was originally on the built-in button on this layer.
<b>Notes:</b>			

Slide [1.17c]/ Menu Title: Incorrect [HIDDEN]			Objective: [2, 3]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<b>Same as slide 1.6a.</b>  X appears at the top.	[Slide Title] <b>Incorrect</b>  Mistakes help us grow, rain nourishes the earth, and traffic can give us time to listen to music. Feeling overwhelmed can shift into growth, and unsuccessful thoughts can shift into progress on your life's journey.	[Narrator] Not quite. Let's keep going. You'll get it! Select Continue to proceed.	Delete the built in buttons and textboxes on the feedback layer and hide the remaining objects by using a white rectangle to cover objects on the slide. The Continue button uses the same trigger that was originally on the built-in button on this layer.

	[Button] Continue		
<b>Notes:</b>			

Slide [1.18]/ Menu Title: Gratitude Scenario [HIDDEN]			Objective: [2, 3]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as slide 1.12.	<p>[Slide Title] <b>Scenario 3</b></p> <p>Imagine you've had a particularly challenging day at work. It feels like everything that could go wrong did go wrong. As you sit down to unwind in the evening, you remember it's time for your gratitude journal. As you reflect on the day, negative thoughts fill your mind: "Nothing seemed to go my way today." "I feel tired from all the anxiety." "I can't believe how stressful today was." What should you do to practice gratitude and reframe your thoughts?</p> <p>A. Continue dwelling on the negative events of the day, allowing them to dominate your thoughts and emotions.</p>	<p>[Narrator] Let's help Lily select the best choice. When you are ready, select submit.</p>	<p>Allow 2 attempts</p> <p>The slide results will return to base slide 1.9.</p>

	<p>B. <b>Take a deep breath and acknowledge the negative thoughts without judgment. Begin to consciously identify positive aspects of the day, even if they seem small.</b></p> <p>C. Decide to distract yourself with a movie or a book, thinking it will help you forget about the challenges of the day.</p> <p>[Directions] Select the best answer, then select Submit.</p>		
<b>Notes:</b>			

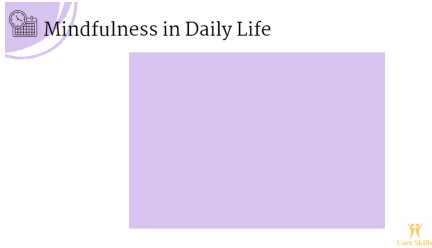
Slide [1.18a]/ Menu Title: Correct [HIDDEN]			Objective: [2, 3]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as slide 6.a.	<p>[Slide Title] <b>Correct</b></p> <p>It helps to show gratitude and mindfulness to help reframe your perspective and improve your mood.</p> <p>[Button] Continue</p>	<p>[Narrator] Great job! You got it. Select Continue to proceed.</p>	Delete the built in buttons and textboxes on the feedback layer and hide the remaining objects by using a white rectangle to cover objects on the slide. The Continue button uses the same trigger that was originally on the built-in button on this layer.

**Notes:**

Slide [1.18b]/ Menu Title: Try Again [HIDDEN]			Objective: [2, 3]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as slide 6.a.	<p>[Slide Title]</p> <p><b>Try Again</b></p> <p>Dwelling on negative events can lead to increased stress. It is better to process your thoughts.</p> <p>[Button]</p> <p>Try Again</p>	<p>[Narrator]</p> <p>You're starting to get it. Select the Try Again button to see if you can answer the question correctly.</p>	Delete the built in buttons and textboxes on the feedback layer and hide the remaining objects by using a white rectangle to cover objects on the slide. The Try Again button uses the same trigger that was originally on the built-in button on this layer.
<b>Notes:</b>			


Slide [1.18c]/ Menu Title: Incorrect [HIDDEN]			Objective: [2, 3]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as slide 6.a.	<p>[Slide Title]</p> <p><b>Incorrect</b></p> <p>It helps to show gratitude and mindfulness to help reframe your perspective and improve your mood.</p> <p>[Button]</p> <p>Continue</p>	<p>[Narrator]</p> <p>Not quite. Let's keep going. You'll get it! Select Continue to proceed.</p>	Delete the built in buttons and textboxes on the feedback layer and hide the remaining objects by using a white rectangle to cover objects on the slide. The Continue button uses the same trigger that was originally on the built-in button on this layer.
<b>Notes:</b>			

Slide [1.19]/ Menu Title: Mindfulness in Daily Life Objective: [4]

Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<p><b>Same as slide 1.10.</b> Include a graphic with videos and text for each of these 4 ways to form daily habits.</p> 	<p>[Slide Title] <b>Mindfulness in Daily Life</b></p> <ol style="list-style-type: none"> <li>1. Consistency is the key</li> <li>2. Set Daily Reminders <ol style="list-style-type: none"> <li>a. Decide when to practice mindfulness</li> <li>b. Set reminders on phone</li> </ol> </li> <li>3. Start with Short Mindful Moments <ol style="list-style-type: none"> <li>a. A few minutes</li> <li>b. Increase once consistent with routine</li> </ol> </li> <li>4. Apply Mindfulness to Social Interactions <ol style="list-style-type: none"> <li>a. Awareness</li> <li>b. Acceptance</li> <li>c. Gratitude</li> </ol> </li> </ol>	<p>[Dr. Sage] Now that we know the benefits of using mindfulness in your daily life, you might wonder how to make these practices into habits. To help create healthy habits, follow these steps:</p> <ol style="list-style-type: none"> <li>1. Consistency is the key: Consistency makes the habit a regular part of your routine and strengthens it in your brain.</li> <li>2. Set Daily Reminders: Selecting a time of day that you will practice and remain consistent is the most important aspect in forming a habit. Decide if you want to practice mindfulness in the morning, during the day, or in the evening. Once you've chosen a time, set daily reminders on your phone.</li> <li>3. Start with Short Mindful Moments: Begin with just a few minutes each day. Short sessions are effective and easy to fit into your daily routine. Once you're more consistent, you can increase the time.</li> </ol>	<p>Slide text will float in timed with the VO.</p> <p>Next button is disabled until the timeline has completed.</p> <p>Next button continues to slide 1.20.</p>



		<p>4. Apply Mindfulness to Social Interactions: Lastly, practice mindfulness during your interactions with others. Try active listening, maintain eye contact, slow down your responses, observe your emotions without judgment, practice gratitude, compassion, and stay non-judgmental in your conversations.</p> <p>[Narrator] Select Next to practice incorporating mindfulness into social interactions.</p>	
Notes:			

Slide [1.20]/ Menu Title: Scenario 4: Awareness of the Present Moment Social Interaction [HIDDEN]			Objective: [4]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<p>Same as slide 1.12.</p> 	<p>[Slide Title] <b>Scenario 4</b></p> <p>You are in a team meeting discussing a project, and one team member is sharing their ideas, but you find your mind wandering, and you start checking your phone.</p>	<p>[Narrator] Let's help Lily select the best choice. When you are ready, select submit.</p>	<p>Allow 2 attempts</p> <p>The slide results will continue to slide 1.21.</p>

	<p>What should you do to demonstrate mindfulness and attention in this situation?</p> <p>A. You continue to check your phone but occasionally nod and say, "I'm listening."</p> <p>B. <b>You put away your phone, maintain eye contact with the team member, and actively listen to their ideas without interrupting.</b></p> <p>C. You interrupt the team member and share your own ideas, thinking it's a more efficient use of time.</p> <p>[Directions] Select the best answer, then select Submit.</p>		
<b>Notes:</b>			

Slide [1.20a]/ Menu Title: Correct [HIDDEN]			Objective: [4]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as slide 1.6a.	<p>[Slide Title] <b>Correct</b></p> <p>It is always beneficial to demonstrate mindfulness and awareness by focusing on the</p>	<p>[Narrator] Great job! You got it. Select Continue to proceed.</p>	Delete the built in buttons and textboxes on the feedback layer and hide the remaining objects by using a white rectangle to cover objects on

	speaker and avoiding distractions.		the slide. The Continue button uses the same trigger that was originally on the built-in button on this layer.
<b>Notes:</b>			

Slide [1.20b]/ Menu Title: Try Again [HIDDEN]			Objective: [4]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<b>Same as slide 1.6b.</b>	[Slide Title] <b>Try Again</b>  It is beneficial to demonstrate awareness by paying attention and staying mindful.	[Narrator] You're starting to get it. Select the Try Again button to see if you can answer the question correctly.	Delete the built in buttons and textboxes on the feedback layer and hide the remaining objects by using a white rectangle to cover objects on the slide. The Continue button uses the same trigger that was originally on the built-in button on this layer.
<b>Notes:</b>			

Slide [1.20c]/ Menu Title: Incorrect [HIDDEN]			Objective: [4]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<b>Same as slide 1.6c</b>	[Slide Title] <b>Incorrect</b>  Engage in the conversation without distractions, respect the speakers turn, and actively listen.	[Narrator] Not quite. Let's keep going. You'll get it! Select Continue to proceed.	Delete the built in buttons and textboxes on the feedback layer and hide the remaining objects by using a white rectangle to cover objects on the slide. The Continue button uses the same trigger that was originally on the built-in button on this layer.

Notes:

Slide [1.21]/ Menu Title: Scenario 5: Acceptance and Non-Judgement Social Interaction [HIDDEN]			Objective: [4]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as slide 1.12.	<p>[Slide Title]</p> <p><b>Scenario 5</b></p> <p>You have been working on a new project for weeks. You've put in a lot of effort, and you believe in the project's benefits for the company. However, during a meeting with the client, they express dissatisfaction with the direction and suggest a complete overhaul. How do you respond to the client's feedback?</p> <ul style="list-style-type: none"><li>A. Defend your original ideas and try to convince the client that the campaign is effective.</li><li>B. Immediately agree to all of the client's suggestions, even if you have reservations about their effectiveness.</li><li>C. <b>Take a moment to absorb the feedback, acknowledge the</b></li></ul>	<p>[Narrator]</p> <p>Let's help Lily select the best choice. When you are ready, select submit.</p>	<p>Allow 2 attempts</p> <p>The slide results will return to base slide 1.9.</p>

	client's perspective, and express a willingness to reevaluate and make necessary changes.		
<b>Notes:</b>			

Slide [1.21a]/ Menu Title: Correct [HIDDEN]			Objective: [4]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as slide 1.6a.	[Slide Title] <b>Correct</b>  It helps to accept the client's perspective, and work together to find a solution.	[Narrator] Great job! You got it. Select Continue to proceed.	Delete the built in buttons and textboxes on the feedback layer and hide the remaining objects by using a white rectangle to cover objects on the slide. The Continue button uses the same trigger that was originally on the built-in button on this layer.
<b>Notes:</b>			

Slide [1.21b]/ Menu Title: Try Again [HIDDEN]			Objective: [4]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as slide 1.6b.	[Slide Title] <b>Try Again</b>  It helps to accept the client's concerns and work toward a balanced solution.	[Narrator] You're starting to get it. Select the Try Again button to see if you can answer the question correctly.	Delete the built in buttons and textboxes on the feedback layer and hide the remaining objects by using a white rectangle to cover objects on the slide. The Try Again button uses the same trigger that was

			originally on the built-in button on this layer.
<b>Notes:</b>			

Slide [1.21c]/ Menu Title: Incorrect [HIDDEN]			Objective: [4]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as slide 1.6c.	[Slide Title] <b>Incorrect</b>  It helps to accept the client's perspective, and work together to find a balanced solution.	[Narrator] Not quite. Let's keep going. You'll get it! Select Continue to proceed.	Delete the built in buttons and textboxes on the feedback layer and hide the remaining objects by using a white rectangle to cover objects on the slide. The Continue button uses the same trigger that was originally on the built-in button on this layer.
<b>Notes:</b>			

Slide [1.22]/ Menu Title: Scenario 6: Gratitude in Daily Life Social Interaction [HIDDEN]			Objective: [4]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as slide 1.12.	[Slide Title] <b>Scenario 6</b>  It's the end of a long work week, and your team has just completed a major presentation to a potential client. The entire team put in extra hours to ensure the presentation was flawless. The presentation went exceptionally well, and there's	[Narrator] Let's help Lily select the best choice. When you are ready, select submit.	Allow 2 attempts  The slide results will return to base slide 1.9.

	<p>a sense of accomplishment in the air. The manager has called for an impromptu meeting to express gratitude for everyone's hard work. During the meeting, you notice your colleague, Sara, who played a crucial role in preparing the presentation, looking a bit fatigued and stressed. What do you do?</p> <p><b>A. Approach Sara after the meeting and express your gratitude for her outstanding contribution to the presentation. Ask if there's anything you can do to support her.</b></p> <p><b>B.</b> Decide to give Sara some space, assuming she might want to decompress after the presentation. You send her a brief message later, expressing your gratitude for her hard work.</p> <p><b>C.</b> During the meeting, publicly acknowledge Sara's exceptional efforts and express</p>		
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	<p>gratitude on behalf of the team for her dedication to the project.</p> <p>[Directions] Select the best answer, then select Submit.</p>		
<b>Notes:</b>			

Slide [1.22a]/ Menu Title: Correct [HIDDEN]			Objective: [4]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as slide 1.6a.	<p>[Slide Title] <b>Correct</b></p> <p>This is a considerate and supportive choice. It shows genuine appreciation and gratitude for Sarah's hard work and offers assistance if needed.</p>	<p>[Narrator] Great job! You got it. Select Continue to proceed.</p>	<p>Delete the built in buttons and textboxes on the feedback layer and hide the remaining objects by using a white rectangle to cover objects on the slide. The Continue button uses the same trigger that was originally on the built-in button on this layer.</p>
<b>Notes:</b>			

Slide [1.22b]/ Menu Title: Try Again [HIDDEN]			Objective: [4]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as slide 1.6b.	<p>[Slide Title] <b>Try Again</b></p> <p>It's always best to be considerate, supportive, and</p>	<p>[Narrator] You're starting to get it. Select the Try Again button to see if you can answer the question correctly.</p>	<p>Delete the built in buttons and textboxes on the feedback layer and hide the remaining objects by using a white rectangle to cover objects on</p>



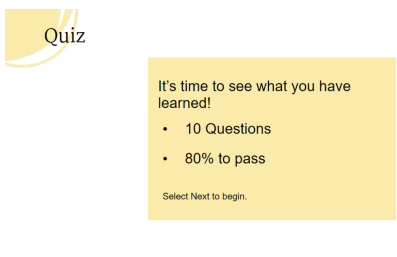
	mindful of how others feel in public. Immediate gratitude is often best.		the slide. The Try Again button uses the same trigger that was originally on the built-in button on this layer.
<b>Notes:</b>			

Slide [1.22c]/ Menu Title: Incorrect [HIDDEN]			Objective: [4]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as slide 1.6c.	[Slide Title] <b>Incorrect</b>  Expressing immediate gratitude in person would be more impactful. It's more supportive to thank someone in private.	[Narrator] Not quite. Let's keep going. You'll get it! Select Continue to proceed.	Delete the built in buttons and textboxes on the feedback layer and hide the remaining objects by using a white rectangle to cover objects on the slide. The Continue button uses the same trigger that was originally on the built-in button on this layer.
<b>Notes:</b>			

Slide [1.23]/ Menu Title: Summary			Objective: [1, 2, 3, 4]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Background is the same as LO slide 1.4.  Lily's expression is conversational as she is explaining what she learned from Dr. Sage.	[Slide Title] <b>Summary</b>  <ul style="list-style-type: none"> <li>Recognize the benefits mindfulness has on overall wellness</li> </ul>	[Dr. Sage] We are getting to the end of our time together. Let's review what we have learned.  [Lily]	The rectangles and text will float in timed with the VO.



	<ul style="list-style-type: none"> <li>○ Reduced stress and anxiety</li> <li>○ Emotional regulation</li> <li>○ Improved attention</li> <li>○ Greater Compassion</li> </ul> <ul style="list-style-type: none"> <li>● Name the 3 characteristics of mindfulness that lead to a more mindful life <ul style="list-style-type: none"> <li>○ Awareness</li> <li>○ Acceptance</li> <li>○ Gratitude</li> </ul> </li> <li>● Identify practical mindfulness techniques to incorporate in daily routines that improve overall well-being and calmness <ul style="list-style-type: none"> <li>○ Box breathing</li> <li>○ Body scan meditation</li> <li>○ Gratitude Journal</li> </ul> </li> </ul>	<p>Sure! Mindfulness and being present has many benefits such as reduced stress and anxiety, emotional regulation, improved attention, and greater compassion.</p> <p>The 3 main characteristics of mindfulness are awareness, acceptance, and gratitude.</p> <p>Awareness can be achieved through box breathing, acceptance can be practiced through a body scan meditation, and a great way to practice gratitude is through a gratitude journal.</p> <p>To bring mindfulness into our daily lives, consistency is key so it's a good idea to set daily reminders and start small. In social situations, we can enhance awareness through active listening, practice acceptance by acknowledging diverse perspectives without judgment, and foster gratitude by appreciating others in the workplace.</p> <p>[Narrator] When you are ready, select Next to continue.</p>	
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	<ul style="list-style-type: none"> <li>Choose effective practices to promote mindful actions in daily life and social situations             <ul style="list-style-type: none"> <li>Consistency is key</li> <li>Set daily reminders</li> <li>Start small</li> </ul> </li> </ul> <p>[Directions] Select Next to continue.</p>		
<b>Notes:</b>			

Slide [1.24]/ Menu Title: Quiz			Objective: [NA]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<p>Dr. Sage appears on screen on the left side. He is conversational as he introduces the quiz.</p> <p>A large yellow rectangle appears on the right with the quiz information.</p> 	<p>[Slide Title] <b>Graded Quiz</b></p> <p>Now it's time to demonstrate what you've learned about emotional intelligence in a graded quiz. You will answer a series of <b>10 questions</b>. You must earn a score of <b>80% to pass</b>. You will be able to review your answers upon completion of the quiz. If you are unable to pass with your</p>	<p>[Dr. Sage] Now it's time to demonstrate what you've learned about mindfulness. You will answer 10 questions. You must earn a score of 80 percent to pass. If you are unable to pass with your first attempt, you will be allowed to retake the quiz. When you are ready to begin, select the Next button.</p>	<p>Text will appear timed with VO narration.</p> <p>Next button is disabled until VO ends.</p> <p>Score by question with 1 attempt for each quiz question as the learner progresses through the quiz. They will be able to Retake the entire quiz at the end if they do not pass.</p>

	<p>first attempt, you will be allowed to retake the quiz.</p> <p>[Directions] Select Next to begin the quiz.</p>		<p>Results slide 1.35; graded quiz slide with customized feedback layers.</p> <p>When learner clicks submit, submit answer and advance to next slide.</p> <p>The learner should not get immediate feedback with Correct or Incorrect feedback layers. They should answer all of the questions sequentially first in the graded assessment, then receive their score on the Results page.</p>
<b>Notes:</b>			

Slide [1.25]/ Menu Title: Question 1 [HIDDEN]			Objective: [1]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<p>Header/ Footer/Logo theme. Question appears below the title. Multiple Response answers are below the question. Directions are listed below the question.</p>	<p>[Slide Title] <b>Question One</b></p> <p>Select the four benefits of mindfulness. Select all that apply, then select submit.</p> <ul style="list-style-type: none"> <li><b>A. Reduced stress and anxiety</b></li> <li><b>B. Emotional regulation</b></li> <li><b>C. Improved attention</b></li> <li><b>D. Greater compassion</b></li> <li>E. Increased multitasking</li> </ul>	<p>[No audio on quiz questions.]</p>	<p>The Next and Previous buttons are hidden on this slide.</p> <p>Submit button advances to the next slide.</p>

 <p>Question One</p> 			
<b>Notes:</b>			

Slide [1.26]/ Menu Title: Question 2 [HIDDEN]			Objective: [2]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Header/Footer/Logo theme. Question appears below the title. True/ False response is below the question. Directions are listed below the question.	[Slide Title] <b>Question Two</b>  True or False: In mindfulness, acceptance means trying to change or fix everything that is happening right now. <b>(False)</b>	[No audio on quiz questions.]	The Next and Previous buttons are hidden on this slide.  Submit button advances to the next slide.
<b>Notes:</b>			

Slide [1.27]/ Menu Title: Question 3 [HIDDEN]			Objective: [4]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Header/ Footer/ Logo theme. Layout is similar to previous scenario-based questions. Directions are listed below the question.	[Slide Title] <b>Question Three</b>  You're in a team meeting, and a colleague is explaining the new project.	[No audio on quiz questions.]	The Next and Previous buttons are hidden on this slide.  Submit button advances to the next slide.

	<p>As they speak, you start feeling impatient and want to share your ideas. What is the mindful response in this situation?</p> <p>A. Interrupt your colleague and immediately start sharing your opinions and ideas.</p> <p><b>B. Take a deep breath, acknowledge your impatience, and patiently wait for your colleague to finish before expressing your ideas.</b></p> <p>C. Mentally tune out from the presentation and start drafting your own proposal.</p>		
<b>Notes:</b>			

Slide [1.28]/ Menu Title: Question 4 [HIDDEN]			Objective: [2]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
This is a free-form matching drag and drop. The directions appear below the title. Three rectangles appear at the top under the	<p>[Slide Title]</p> <p><b>Question Four</b></p> <p>[Directions]</p>	[No audio on quiz questions.]	<p>The Next and Previous buttons are hidden on this slide.</p> <p>Submit button advances to the next slide.</p>

<p>directions with the 3 Traits of Mindfulness. Three rectangles appear below them and with the definitions in them. The learner needs to match the definition to the correct trait.</p>	<p>Match the following descriptions to the correct characteristic of mindfulness.</p> <p>[6 Rectangles]</p> <ol style="list-style-type: none"> <li>1. Awareness <ol style="list-style-type: none"> <li>a. Paying attention to the present moment.</li> </ol> </li> <li>2. Acceptance <ol style="list-style-type: none"> <li>a. Not judging or evaluating experiences as good or bad.</li> </ol> </li> <li>3. Gratitude <ol style="list-style-type: none"> <li>a. Focusing on the positive aspects of life and experiences.</li> </ol> </li> </ol>		
<p><b>Notes:</b></p>			

Slide [1.29]/ Menu Title: Question 5 [HIDDEN]			Objective: [3]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Header/Footer/ Logo theme. Question appears below the title.	[Slide Title] <b>Question Five</b>	[No audio on quiz questions.]	The Next and Previous buttons are hidden on this slide.

Slide [1.29]/ Menu Title: Question 5 [HIDDEN]			Objective: [3]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
True/ False response is below the question. Directions are listed below the question.	True or False: Mindful breathing is a technique for calming the mind, reducing stress, and promoting present-moment awareness. <b>(True)</b>		Submit button advances to the next slide.
<b>Notes:</b>			

Slide [1.30]/ Menu Title: Question 6 [HIDDEN]			Objective: [4]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Header/ Footer/Logo theme. Question appears below the title. Multiple Response answers are below the question. Directions are listed below the question.	[Slide Title] <b>Question Six</b>  Select three effective practices to promote mindful actions in daily life. Select all that apply, then select submit. <b>A. Start with Short Sessions</b> <b>B. Set Daily Reminders</b> C. Multitasking for faster work <b>D. Consistency is the key</b>	[No audio on quiz questions.]	The Next and Previous buttons are hidden on this slide.  Submit button advances to the next slide.



<b>Notes:</b>			

Slide [1.31]/ Menu Title: Question 7 [HIDDEN]			Objective: [1]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Header/ Footer/ Logo theme. Layout is similar to previous scenario-based questions. Directions are listed below the question.	<p>[Slide Title]</p> <p><b>Question Seven</b></p> <p>Lily has been practicing mindfulness for a few weeks. She used to feel stressed and anxious most of the time, but now she feels more relaxed and in control of her emotions. What benefit of mindfulness is Lily demonstrating?</p> <ul style="list-style-type: none"> <li>A. Improved attention</li> <li>B. Emotional regulation</li> <li><b>C. Reduced stress and anxiety</b></li> </ul>	[No audio on quiz questions.]	<p>The Next and Previous buttons are hidden on this slide.</p> <p>Submit button advances to the next slide.</p>
<b>Notes:</b>			

Slide [1.32]/ Menu Title: Question 8 [HIDDEN]			Objective: [4]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:

Header/Footer theme Question appears below the title. True/ False response is below the question.	[Slide Title] <b>Question Eight</b>  True or False: Mindful moments are an effective way to incorporate mindfulness in your daily life. <b>(True)</b>	[No audio on quiz questions.]	The Next and Previous buttons are hidden on this slide.  Submit button advances to the next slide.
<b>Notes:</b>			

Slide [1.33]/ Menu Title: Question 9 [HIDDEN]			Objective: [3]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Header/ Footer/ Logo theme. Layout is similar to previous scenario-based questions. Directions are listed below the question.	[Slide Title] <b>Question Nine</b>  Lily feels stressed and overwhelmed at work. She rarely has time for exercise, and she daydreams about being outdoors. Which mindfulness technique can help Lily during a busy workday to improve her well-being and calmness? A. Gratitude Journal B. Mindful Eating <b>C. Mindful Walking</b>	[No audio on quiz questions.]	The Next and Previous buttons are hidden on this slide.  Submit button advances to the next slide.
<b>Notes:</b>			

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Slide [1.34]/ Menu Title: Question 10 [HIDDEN]			Objective: [3]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Header/Footer/ Logo theme Question appears below the title. True/ False response is below the question.	[Slide Title] <b>Question Ten</b>  Practicing gratitude through a gratitude journal can lead to increased happiness over time and helps shift the focus from what's missing to what's positive in life. <b>(True)</b>	[No audio on quiz questions.]	The Next and Previous buttons are hidden on this slide.  Submit button advances to the next slide.
<b>Notes:</b>			

Slide [1.35]/ Menu Title: Quiz Results			Objective: [#]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Dr Sage appears on the left side of the screen. The quiz results are centered on the page.	[Slide Title] <b>Quiz Results</b>  Your score: XX% Passing score: YY%	[Narration only on layers]	Base layer will be visible on both the success and failure layers.  Results variable reference shows the percent score only. Built in graded quiz variable reference displays learner score where XX appears on slide.

			80% to pass shown where YY appears on the slide.
<b>Notes:</b>			

Slide [1.35a]/ Menu Title: Quiz Results: Passed [HIDDEN]			Objective: [#]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<b>Success</b>  <b>Same as base slide 1.33</b>  Speech bubble appears to the right of Dr. Sage.	[Slide Title] Quiz Results  [Dr. Sage] Nice job, you passed!  [Buttons] Review Quiz Continue	[Dr. Sage] Thank you for taking the quiz. Congratulations, you passed! You can review your results by selecting the review button. If you are satisfied with your results and ready to move on, please select the continue button.	Next button disabled.  continue button jumps to last slide 1.34.  Review button goes through the quiz showing selected responses and correct responses. After going through all the questions, the learner is brought back to the success layer.
<b>Notes:</b>			

Slide [1.35b]/ Menu Title: Quiz Results: Retake			Objective: [#]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
<b>Failure</b>  <b>Same as base slide 1.33</b>  Speech bubble appears to the right of Dr. Sage.	[Slide Title] Quiz Results  [Dr. Sage] Sorry, you didn't pass.  [Buttons]	[Dr. Sage] Thank you for taking the quiz. Unfortunately, you did not pass. You can review the results by selecting the review quiz button. When you are ready to try again,	Next button is disabled.  Review button goes through the quiz showing selected responses and correct responses. After going through all the questions, the learner is

	Review Quiz Retry Quiz	please select the retake quiz button.	brought back to the failure layer.  Retry button resets the quiz and allows the learner to retake the quiz.
<b>Notes:</b>			

Slide [1.36]/ Menu Title: Congratulations			Objective: [#]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Congratulations and celebratory characters. Dr. Sage and Lily both appear happy and excited.	[Slide Title] <b>Congratulations!</b>  [Button] Complete  [Directions] Click the complete button to exit this course. Don't forget to download your course completion certificate.	[Narrator] Congratulations on completing this course with Core Skills! You are now a mindfulness expert. Please remember to pick up your course completion certificate. You may now exit the course.	Directions and the complete button appear in time with voice over narration.
<b>Notes:</b>			

