**Consolidate your Knowledge - Month 6 - Group 4**

**Name:**

**1. During the enuiry stage after the Loving Kindness meditation a class member tells you they feel really bad, whereas before that they were feeling very good in themselves. What response would you give them?. (Minimum 250 words).**

**2. How would you explain 'Experience Dependent Neuroplasticity' and how to practice it to your class? (Minimum 250 words).**

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**3. Describe the functions of the Amygdala and Pre-Frontal Cortex? Also what happens to both as a result of mindfulness practice (Minimum 250 words).**

**4. Describe 3 difficult classroom situations you may encounter in your class and how you would handle them.. (Minimum 250 words).**