

Mindful Eating

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| Time Needed: | 10 Minutes |
| Group Size: | Any |
| Objectives: | To encourage mindful awareness of simple everyday tasks. To get us in touch with our senses and bring us into the present moment. |
| Materials: | A small food item for each student. (Raisins, Grapes, Smarties, Skittles, Orange slices) Students can use whatever is on hand in their homes! |
| Links/Resources: | Adapted from Mindful Schools Curriculum © 2010-2019 Mindful Schools https://www.youtube.com/watch?v=dkP6vHSUAGA |
| Recommended Grade: | 3+ |

Activity Description

You can use the script below to lead students through this exercise, or use the video link about to demonstrate it for them!

Today we are going to try Mindful eating! We're going to try to pay really close attention to what we notice as we eat these snacks , and we'll try to keep it silent, except for my voice.

Once we're finished we can share about what we noticed.

Sometimes it's helpful to think about this like Simon says, the students will wait for your instructions before they do each small thing you ask them to do, and will be silent and waiting in between.

Start by picking up one piece, hold it in the palm of your hand at eye level. See what you notice about it. Its colour, shape. Can you notice your mouth salivating as you wait to eat?

Next, smell the snack. Does it have any smell you can notice? Or are there smells you notice in the room.

Next place the snack on your tongue but don't chew it yet. You might notice it start to melt on your tongue. Notice the taste now.

Take the first bite. What do you notice about the texture of your snack now? Has the taste changed?

Chew your snack. Notice what side of your mouth you chew on. Pay attention to the tastes and textures.

As you finish chewing, close your eyes. See if you can notice the taste lingering in your mouth. Once the taste is gone, you can open up your eyes.

Ask: What did you notice as you were eating that you haven't noticed before? Did the food taste better/worse/different?

Allow the class to eat their second piece normally. And talk about how different it is from mindful eating.

Questions for Reflection

Eating sometimes is something we do on auto-pilot. What's something else you do every day without even thinking?

If we go through our days without thinking about what we are doing, what might happen? Is this a good thing, or a negative thing? Why?