Mindful Eating

This activity is aimed at promoting mindfulness, specifically mindful eating.

Materials:
- A yummy snack!

Directions:

Guide children to pay special attention to the food they are eating.
- Look - What colors and shapes do you see?
- Listen – Does your food make a sound?
- Touch – Is it smooth, bumpy, rough?
- Smell – What does your food smell like?
- Taste – How does it feel in your mouth? what flavors do you taste?

Tips to increase your child’s awareness when eating:
- Let the child take a deep breath and pause to be thankful for their meal before eating. They can thank the people, plants, animals, and earth for providing food.
- Ask them how hungry they are before a meal.
- Allow them to serve themselves; this will allow them to become familiar with appropriate serving sizes.
- Eat without distractions such as toys, screens, and other electronic devices.
- Allow enough time to eat, allowing food to be consumed unhurriedly and thoroughly.