

3 years +

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.