

Fun Mindful Eating

When we slow down and enjoy our food, we notice many things.

Eating breakfast, lunch, or even a snack involves many sensations!






Mindful eating means paying attention to what you:

- SMELL
- TASTE
- FEEL
- HEAR and
- SEE



...when you eat.

Let's try it out!

When you sit down to eat a snack...				
What does it smell like?	How does it feel?	How does it taste?	What sounds does it make?	How does it look?
				
<i>What kind of smell does your food have?</i>	<i>Does your food feel rough? Bumpy? Smooth? Soft?</i>	<i>What flavors can you spot? Does the flavor stay the same or change?</i>	<i>Is there any sound when you eat your food? What is it?</i>	<i>What shapes and colors can you see?</i>

Did you notice anything new, that you haven't noticed before?

When you tried mindful eating...

What did you enjoy most about your food?

What do you feel thankful for?

Draw your meal or snack in the box below!