



1-2 Mindful Eating Meditation Script

Instructor: *With this exercise, we are going to practice mindful eating. You will only put the piece of food in your mouth when I tell you it is time. First, we will spend time observing the piece of food.* (Invite each child to take either a raisin or an apple chip and ask them not to eat them just yet).

1. *To begin, I would like to invite you to take a few slow breaths. (Pause). Lower your gaze and look at the raisin or apple chip in the palm of your hand. Continue breathing as you are looking at the piece of food. (Pause).*
2. *See if you can look at it as if you've never seen a raisin or apple chip before. Notice its shape and size. (Pause). Maybe move it around your palm and notice the way that it looks. (Pause).*
3. *Now notice its texture. (Pause). Maybe squeeze it with your fingers and notice what it feels like. (Pause).*
4. *Now gently bring it up to your nose and smell it. (Pause). Notice what it smells like. (Pause).*
5. *Now slowly put the raisin or apple chip in your mouth, but do not chew it. (Pause). Notice what it tastes like. (Pause).*
6. *Now slowly bite into the raisin or apple chip, noticing what it tastes like. (Pause). Take your time chewing and swallowing the piece of food.*

Discussion questions for the group afterwards:

1. What did you notice about the raisin or apple chip?
2. How did the raisin or apple chip taste?
3. What might be some of the benefits of mindful eating? (Sample answers: Food might taste better, we might be more likely to eat healthier, will be able to know when we are full).

