



MINDFUL MONDAY - MINDFUL EATING MEDITATION

Supplies

An apple or orange slices (or another fruit)

Notes

Complete midway evaluations; Students will be using their sense of taste in this meditation. Either provide fruit (like apple or orange slices) or ask students to have a small snack ready to taste (fruit is preferred).

Review

“Last week we learned about mindfulness of sight. How did you use mindfulness of sight last week? What new things or colors did you notice with your sight?” [Pause for responses.]

“Now we are going to practice one of our mindful sight exercises from last week.

“Let’s start by taking three breaths together. Breathe in, breathe out. Add your rainbow arms, painting a rainbow on your inhales/exhales. Place your hands in your lap and turn on your eyes. Choose a color in your mind. Look around your space to see if you can find something new in that color. When you find something that is that color, place your hands on your head.”

When everyone has completed this, direct hands back to lap.

“Did you find anything in your space you had not noticed before? Place your hands on your heart and pause. Notice if there’s anything you are grateful for about the objects you found.”

Mindful eating meditation

Follow the instructions below, or choose to play this video below:

In the Classroom: Pass out fruit.

Virtual Learning: Ask students to get a piece of fruit (preferred) or a small snack.

“Today we are going to do a meditation that involves two of our different senses, smell and taste. If you’re using a fruit that requires peeling, peel a little bit now.”

“First, focus on your sense of smell. You can use this sense to bring you into the present moment. Close your eyes and take a deep breath to smell the food.”

Peel fruit a little more.

“Now we are going to move on to the sense of taste. Often, we talk or do other things while eating, but to intentionally focus on what you are feeling and tasting in your mouth can help you be present and enjoy the taste. Carefully place a piece of fruit on your tongue. Try not to chew right now.

“Answer these questions in your own mind for now. We’ll discuss them in a few moments. What do you notice about the texture of the fruit, the way it feels in your mouth? What new feelings or textures are you sensing that you haven’t noticed before? How does it feel to pause and notice the smell and taste of this food?”

“Now chew the piece of fruit slowly. What tastes do you notice? Are they different from what you’ve noticed before or the same? How does it feel to chew slowly?”

Once students have eaten their piece of fruit, ask the same series of questions (starting with What did you notice about the texture of the fruit, the way it feels in your mouth?) and ask students to share what they noticed.

“How could this practice help you?” [elicit responses]

“This is a practice you can do anytime you eat. Instead of distracting yourself while you eat, really pay attention to the smells and tastes of your food. Slowing down like this can help your body prepare to digest food. This practice can also help you sense how much food you need in a given moment.”