

# Mindful Eating

*Activity*

**Resource:** Ideas for Action

**Grade(s):** 1 2 3 4 5 6 7 8 9 10 11 12

## What Is it All About?

Students snack or hydrate in a thoughtful and mindful way, with the goal of seeing and tasting their food in a new way.

## Why Do It?

It's important to take time to slow down and relax. One way to do so is to be connected to one task at a time.

## How Do We Do It?

Have students bring healthy snacks or a bottle of water.

Students begin to eat their small healthy snack food (e.g., fruit, carrots, popcorn), drink, or a water bottle and observe the object as if they have never seen it before.

Students reflect on:

- what it looks like,
- how it smells. and
- what it feels like.

Encourage students to place a piece of food or water bottle in their mouth. They either eat or drink as slowly as possibly so that they can focus on its texture and taste.

Have students reflect on how they would describe this experience to someone else. If they are eating food, they can imagine describing it for someone who had never before tasted this food.

## What Else Do We Need?

Nothing we can think of! Feel free to be creative.

## How Do We Get Creative?

Bring samples of your favourite small and healthy snack in to share with the class. Be aware of any allergy or dietary issues of students.

Students snack blindfolded. Be sure to be well aware of allergies, consider having students identify 3–5 mystery snacks.

Adapted from: Bounce Back ... Again, 2nd Edition. Retrieved from

[https://phecanada.ca/sites/default/files/content/docs/teach-resiliency/bounce%20back%20booklet%202014%20web.pdf/sites/default/files/content/docs/teach-resiliency/bounce%20back%20booklet%202014%20web\\_0.pdf](https://phecanada.ca/sites/default/files/content/docs/teach-resiliency/bounce%20back%20booklet%202014%20web.pdf/sites/default/files/content/docs/teach-resiliency/bounce%20back%20booklet%202014%20web_0.pdf)