

Mindful Eating



We can be mindful of anything, including eating! This is a great practice to try during snack or lunch time, and you can include some journaling, coloring, and reflecting time as well.

Prepare Students for the Activity

Read aloud to students.

We can be mindful of anything we do when we bring our full attention to it. Today, we're going to practice eating mindfully. Do you ever notice that sometimes you eat without really paying attention to what you are doing? I think we all can relate to that! Let's see what it's like when we eat mindfully.

Mindful Eating Activity

In this lesson, we're using clementine oranges; you could also have students use snacks they've brought from home.

Before we peel and eat our oranges, take a moment to notice everything you can:

- What do you notice with your eyes?
 - With your nose?
 - With your fingers?
- Invite students to share what they notice with their senses: smells, texture, colors, shapes. Encourage them to notice details they may usually miss. "Is the orange the color orange everywhere? What other colors do you see?"*

Now let's begin to peel our oranges. How many slices do you think are inside? Let's peel our oranges slowly, noticing all the movements we make with our hands and fingers to do it.

- What does the peel feel like? What color is the peel on the inside? What color are the slices inside?
- What smells do you notice as you peel the orange? Do you notice if you're getting hungry?
- Do you notice if you really want to just eat it already?

Now we're going to eat, but we are going to eat very slowly. You might take a whole minute to finish just one slice. What does it taste like?

Encourage students to share their descriptions of the taste: sweet, tangy, sugary, sour, etc.

Let's end with a moment thinking about all that had to happen for us to have these oranges. I went to the store to buy them; store workers kept them fresh for us; truck drivers drove them to the store; farm workers had to pick them; and the sun had to shine on them.

Class Debrief

Give students a chance to make sense of their experience. It's the most important part of the mindful moment!

- What was it like to eat this way? Was it different from how you usually eat?
- What would it be like if we ate this way all the time?
- When do you think you might like to try mindful eating again?

