

# THE MINDFUL SCHOOL

## Student Lessons - Level 2



<b>CONCEPT:</b>	<b>MINDFUL TASTING/EATING MINDFULLY</b>
<b>EXERCISE NAME:</b>	<b>MINDFULNESS AND THE ART OF CHOCOLATE EATING</b>
<b>AUTHOR AND YEAR:</b>	<b>ADAPTED FROM SUSAN M. POLLAK, THOMAS PEDULLA, RONALD D. SPIEGEL, 2021</b>

### EXPLANATION:

THIS ACTIVITY INVITES STUDENTS TO FOCUS ON EATING MINDFULLY THROUGH A GUIDED FOOD-BASED MEDITATION.

### METHODOLOGY

- PROVIDE EACH CHILD WITH A PIECE OF CHOCOLATE - THIS ACTIVITY WORKS BEST IF THE CHOCOLATE IS NOT ONE THAT THE CHILD USUALLY WOULD EAT.
- EXPLAIN TO THE CHILDREN THAT WE ARE GOING TO FOCUS ON SOME OF OUR SENSES WHILST EATING THIS CHOCOLATE.
- INVITE CHILDREN TO OPEN THE WRAPPER AND USE THEIR SENSE OF SMELL TO BREATHE IN THE SMELL OF THE CHOCOLATE.
- INVITE CHILDREN TO REMOVE THE CHOCOLATE FROM THE WRAPPER AND USE THEIR EYES TO EXAMINE THE CHOCOLATE - ENCOURAGE THEM TO NOTICE THE EDGES, DESIGNS ETC THAT MAY APPEAR ON THE PIECE OF CHOCOLATE.
- INVITE THE CHILDREN TO PLACE THE CHOCOLATE ON THEIR TONGUE. ENCOURAGE THE CHILDREN TO LET THE CHOCOLATE MELT ON THEIR TONGUE.
- INVITE THE CHILDREN TO FOCUS ON THE TASTES AND FLAVOURS WITHIN THE PIECE OF CHOCOLATE. IF THE CHILD FINDS THEIR MIND BEGIN TO WANDER AND BE DISTRACTED, ENCOURAGE THE CHILD TO REFOCUS ON THE SENSATION OF THE CHOCOLATE MELTING IN THEIR MOUTH.
- WHEN THE CHOCOLATE HAS MELTED, INVITE CHILDREN TO SLOWLY SWALLOW THE CHOCOLATE.

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### REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

WHAT DID YOU FIND MOST CHALLENGING ABOUT THIS ACTIVITY? DID YOU NOTICE MORE ABOUT THE FOOD YOU WERE EATING THAN YOU USUALLY WOULD? HOW DO YOU THINK YOU COULD USE THIS ACTIVITY IN THE FUTURE WHEN YOU ARE EATING?