

THE MINDFUL SCHOOL

Student Lessons - Level 2



CONCEPT:

MINDFULNESS OF FEELINGS "TASTING"

EXERCISE NAME:

MINDFULNESS AND THE ART OF RAISIN EATING

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EXPLANATION:

THIS ACTIVITY INVITES STUDENTS TO FIND CALM IN TIMES OF STRESS BY CONNECTING WITH THEIR SENSES TO IDENTIFY THINGS THEY CAN SEE, HEAR, FEEL, SMELL AND TASTE.

METHODOLOGY

- GIVE EACH CHILD A RAISIN AND INVITE THEM TO EXAMINE IT. ENCOURAGE THEM TO FEEL IT'S TEXTURE AND SHAPE.
- THEN, INVITE CHILDREN TO EXAMINE THE RAISIN USING THEIR NOSE AND SMELLING IT. MAKE COMPARISONS BY SNIFFING SEPARATELY WITH YOUR RIGHT AND LEFT NOSTRIL.
- THEN, CHILDREN CAN OPEN THEIR EYES AND LOOK AT THE RAISIN, HOLD IT UP TO THE LIGHT AND WATCH IT. NOTICE THE PARTS THAT TRANSMIT LIGHT AND THE PARTS THAT DO NOT. COMPARE THE IMAGE IN THE PALM OF YOUR HAND WITH THE IMAGE WHEN HELD TO THE LIGHT.
- THE CHILDREN CAN THEN HOLD A RAISIN BETWEEN TWO FINGERS, PUT IT TO THEIR EAR AND MOVE THEIR FINGERS. NOTICE WHAT KIND OF SOUND IT MAKES. TRY THIS WITH BOTH EARS.
- NOW ASK THE CHILDREN TO PUT THE RAISIN IN THEIR MOUTH AND TOUCH IT WITH THEIR TONGUE, NOTICING THE TEXTURE ON ITS SURFACE. ASK THE CHILDREN IF THEY CAN TASTE ANYTHING.
- THEN, INVITE CHILDREN TO SWALLOW THE RAISIN, AND CONTINUE TO NOTICE THE SENSATION AS THEY SWALLOW. ASK THEM TO FOCUS ON HEARING IT PASS DOWN THEIR THROAT.
- INVITE CHILDREN TO EAT A SECOND RAISIN WITHOUT THINKING, AS THEY WOULD USUALLY DO.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

IS THE SENSE OF SMELL THE SAME BETWEEN THE LEFT AND RIGHT NOSTRIL?
IS THERE A DIFFERENCE BETWEEN THE SOUND YOU HEAR FROM THE LEFT OR THE RIGHT EAR?