



MINDFUL EATING

Purpose & Focus

Helps participants build self-regulating and mindfulness skills

Participants

Any number of participants.

Time Allotment

30 Minutes

Activity Level

Low

Materials

Small pieces of allergy-friendly food such as chocolate or fruit

Method

- Have the participants sit straight and still. Ask them to close their eyes or look downwards.
- Ask the participants to take three slow, deep breaths in and out.
- Have the participants hold the food up to their nose and take a deep breath in. Ask them to notice the smell and how the smell makes them feel.
- Before taking a small bite of the food, ask the participants to notice which muscles in their mouth, neck and body move as they eat.
- Next, ask the participants to take a small bite of the food and let it sit in their mouth awhile before they swallow it.
- Continue eating your food slowly and mindfully, pausing between bites.

Discussion

- What is the taste like? Is it sweet or savory?
- What does the food feel like on your tongue?
- Do you need to crunch it between your teeth, or can you slowly dissolve it in your mouth?
- Try taking a slightly smaller or slightly larger bite. How does this change the way eating this food feels?