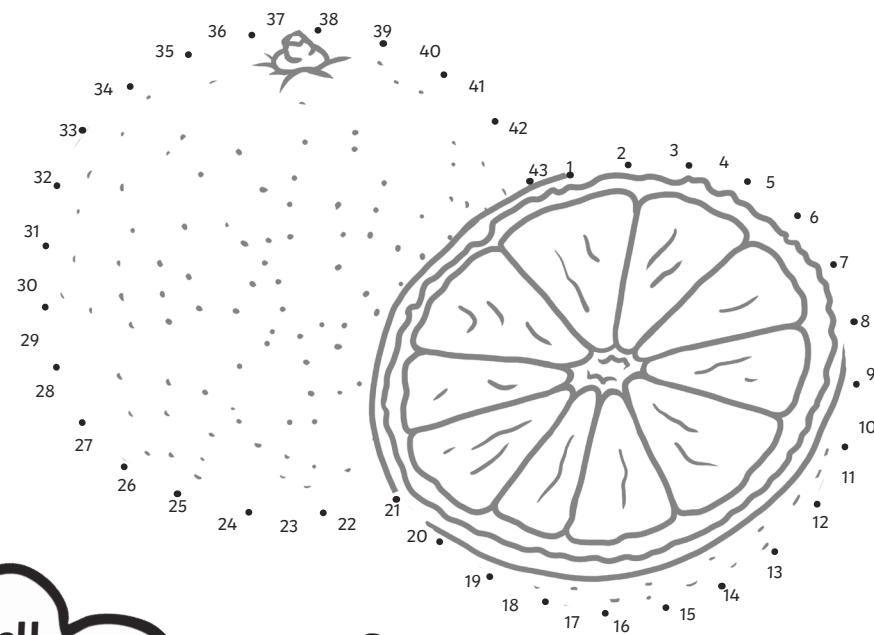
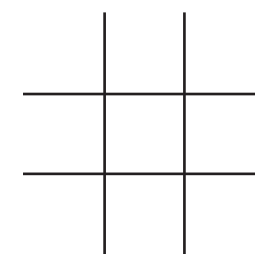
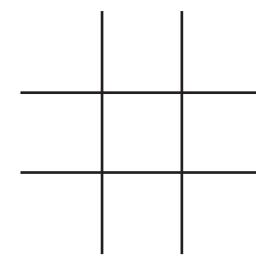
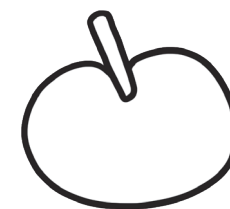
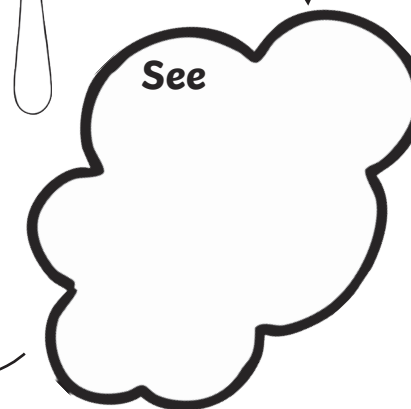
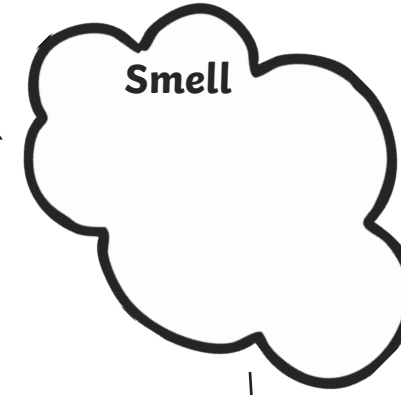
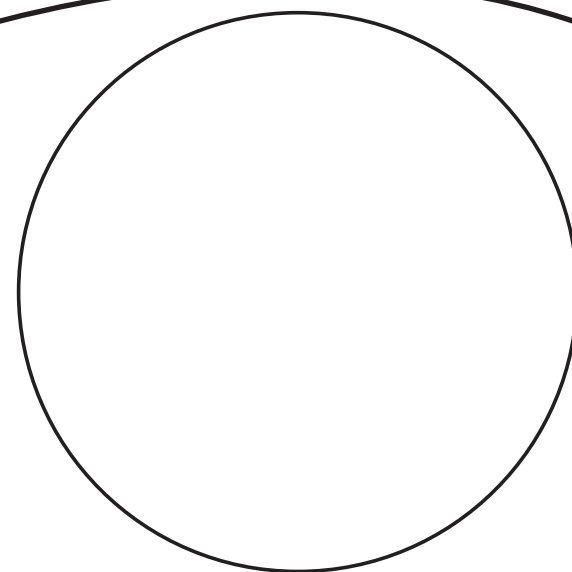
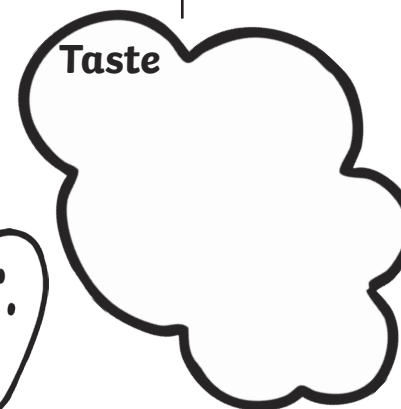
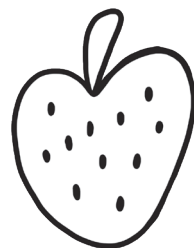
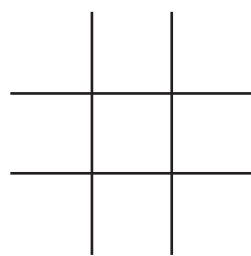
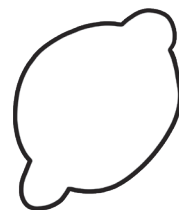
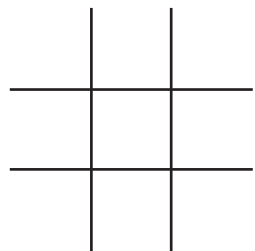
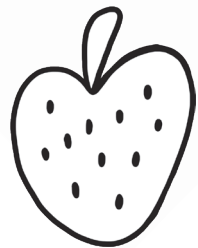
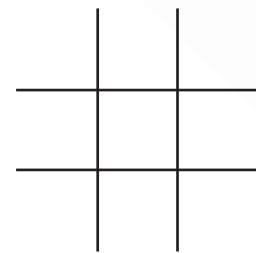
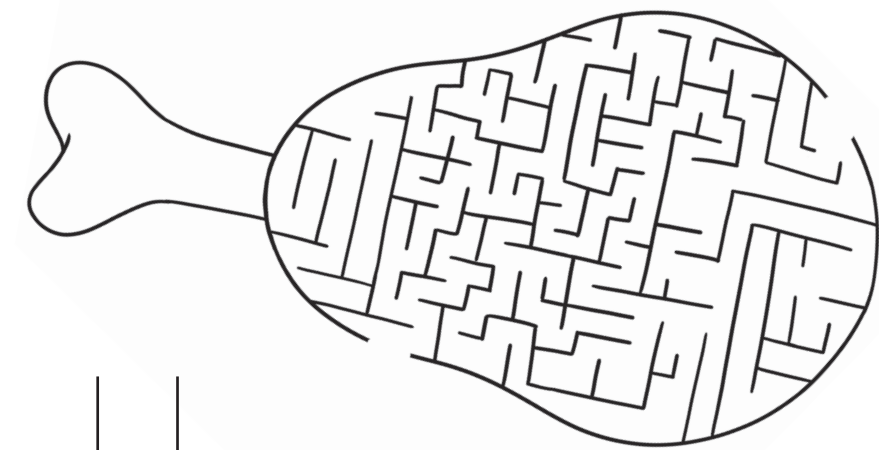


Mindful Eating

When we practise mindful eating, we need to take our time to appreciate each bite. We can do this by focusing on what we:

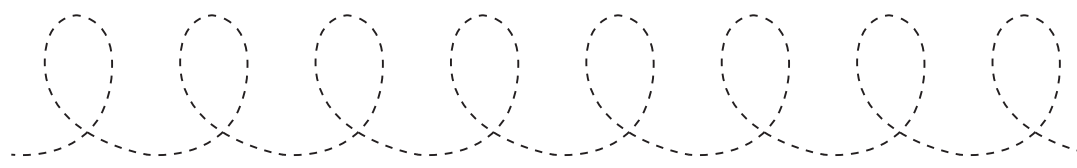
See (colour, shape, texture) **Feel** (with your fingers, on your tongue) **Hear** (as you open, cut it, peel) **Smell** (as you open, cut it, peel) **Taste** (bitter, sweet, salty, sour?)

Using your fruit break or snack, draw it on the plate and then describe it below.



Pencil Control

Take a bite of your snack. As you chew, trace over the loops with your pencil and savour the bite.



Now write down what you tasted.

