Nourish

The Mindful Eating Experience

# Mindful Eating Activity

*[Facilitator: Read from script, pausing for a few moments after each sense.]*

This is an exercise in mindful eating.

Please make yourself comfortable in your chairs and take a few deep breaths. Relax your mind and body. Please wait to eat your snack until we get to that part of the exercise.

We will use all five of our senses to fully and mindfully eat the snack in front of us.

**Sight:** Beginning with sight, please look at your snack and become aware of the packaging (if any). Notice the colors, textures, and the shape of the snack.

**Touch:** Now, let’s engage our sense of touch. Please pick up the snack and unwrap it from the packaging (if any). Hold the snack and notice the weight of it in your hand. Is it heavy or light? As you hold your snack, pay attention to the textures you can feel. Is it smooth, rough, sharp, sticky, or crumbly?

**Smell:** Engage your sense of smell by putting the snack to your nose and take in its aroma. Notice the many aromas you can detect beyond the initial smell. (For example, with a granola bar, the initial aroma might be of honey and oats. With further attention, one may detect aromas of cinnamon or maple as well.) Is the scent subtle or strong? Is it fragrant? Just notice.

I hope you are starting to feel relaxed and present in the moment.

**Sound:** Take a small bite of the snack. Do you hear a sound as you take a bite? Or, a sound if you broke it into smaller pieces? Do you hear a crunchy, dull, or slurpy sound? There’s no right or wrong answer; just observe.

**Taste:** Now, take another bite. How does the food taste? Is it sweet, sour, bitter, or salty? Is it savory? Can you feel the weight of it on your tongue, or is it light? Does its texture change? For example, does it dissolve on your tongue or become soggy as it disintegrates? Chew slowly, allowing yourself to taste the layers of flavors and appreciate the textures as you chew. Take a few minutes to enjoy more bites and finish your experience.