MINDFUL EATING INSTRUCTIONS

If you can, use a wrapped sweet for this activity. Alternatively, an unwrapped sweet or a small piece of food that you like.

WRAPPED SWEET START HERE

* Hold the sweet in palm of your hand and just look at it. Take notice of the colour, shape and pattern of the wrapper, perhaps noticing if there is anything surprising about it. You might notice the folds of the wrapper.
* Notice the feel of the sweet – whether it is heavy or light, warm or cool.
* Open the wrapper, noticing the sound that this makes. Notice how your hands feel as they are opening the wrapper.

UNWRAPPED SWEET OR OTHER FOOD START HERE

* Once the sweet is unwrapped, look at it once again, noticing the colour, shape and any imperfections.
* Smell the sweet and notice how you feel.
* Then place the sweet on your tongue – without chewing – noticing the flavour.
* Finally, chew the sweet - noticing how it feels to chew and how long the flavour lingers.

ANSWER THESE QUESTIONS

* What was that like?
* What did it smell like?
* Is that how you normally eat sweets?
* Where do you think that sweet came from?