

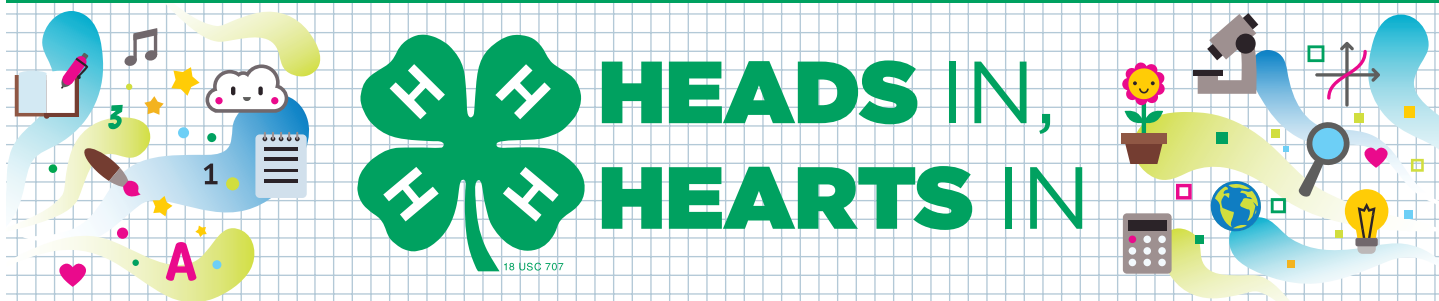


Supplies

- “Guide for Families” handout
- Apples (1–2 slices per participant)
- Sharp knife
- Paper plates
- Large bowl (optional)
- Water (optional)
- Lemon juice (optional)
- Towels or paper towels (optional)
- Display table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Using the sharp knife, cut up the apples into slices and place them on a paper plate.
- ▶ If you are preparing this activity for a large event, you may want to cut the apples ahead of time and place them in a large bowl with water and a little lemon juice to prevent them from turning brown. If you do so, dry them off with a towel or paper towel before beginning the activity.



Mindful Eating

Guide for Families

Learning Objectives

What you need to know:

Mindfulness is the practice of slowing down and paying attention to the present moment. It is not emptying your brain of all thoughts. It is a process of focusing your energy and thinking on what is happening right now instead of what has happened in the past or might happen in the future. Mindfulness is noticing and paying attention without having to label or judge. During mindfulness practice, notice without placing judgment. For example, think to yourself, “I notice that I am feeling anxious,” rather than, “I notice I am feeling anxious. I am so weak.”

Mindfulness may include breathing techniques, stretching or movement, creative expression, meditation or some other practice that allows you to slow down your thinking, lessen distractions and focus your energy and attention for some time. Growing a mindfulness practice can help you improve your focus and attention, manage and address stress, learn to handle strong emotions and feel calm.

What you will do and learn:

In this activity, you will practice mindful eating. The goal of mindful eating is to eat slowly using all of your senses. This activity will challenge you to slow down, eat with mindful attention and focus your energy on the present moment.

Instructions

1. Pick up an apple slice.
2. Look at the apple slice. Notice the color and shape. Notice how the color of the skin differs from the color of the inside.
3. Touch the apple slice. Pick it up in your hands and notice what the apple feels like beneath your fingers. Notice how the skin of the apple feels different from the inside of the apple. Notice the moisture of the juice of the apple as you handle it or how it feels to squeeze the apple gently between your fingers.
4. Smell the apple slice. Hold the apple up to your nose and notice what the apple smells like.
5. Take a bite of the apple. Before you chew it, let it sit on your tongue for a minute. Notice how it feels on your tongue. Notice what you taste and the feel of the apple on your tongue.
6. Chew the apple slice. Notice how it feels on your teeth as you chew. Notice the flavor of the apple. Is it sweet? Sour? Tart?
7. Continue to chew your apple and notice how the taste changes as you chew.
8. Repeat this process for each bite of your apple.