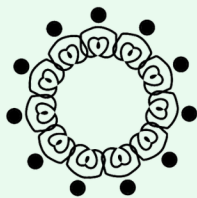




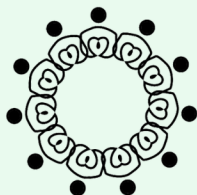
Mindful Eating



Mindful Eating

What You'll Need!

- **A snack – Choose something with an interesting texture, taste, or feel (Examples are an Aero chocolate bar, a fruit that's new to you like a persimmon, boba tea, or Rice Krispies – all these foods can be super fun for this activity)**
- **A blindfold (optional) – For a fun guessing challenge!**
- **A partner (optional)**



Mindful Eating

Eating isn't just about taste, it's a full sensory experience! Slow down, explore, and notice every bite in a new way.

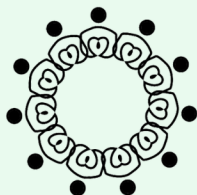
Savor the Moment

Step 1: Take a bite and pause. Notice the texture – is it smooth, crunchy, or bubbly?

Step 2: Pay attention to the flavors. Does it change as you chew? Is it sweet, sour, or salty?

Step 3: Close your eyes (optional). Can you guess the food just by tasting it?

Step 4: Try eating your whole snack this way. What do you notice when you slow down?

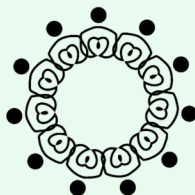


Mindful Eating

Let's Talk!

- How was this different from the way you normally eat?
- What surprised you?
- Could you eat an entire meal this way?

Mindful eating helps us truly enjoy and appreciate what we eat. Take your time and savor each bite!



Share the Magic!

Seeing the creativity, connection and joy that comes from these activities truly lights me up!

You're invited to share a photo, a little note about your experience, or tag me on social media. I'd be so grateful to celebrate this moment with you.

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Can't wait to see what you create!

