



## Wellness Wednesday:

# Introduction to Mindfulness

### Understanding Mindfulness:

- **What is mindfulness?** Mindfulness is the practice of living in the present moment by taking notice of all your senses plus your thoughts and feelings. You are not fixed on rehashing the past or worrying about the future, but instead focusing on what is happening right now and experiencing life in the present.
- **What do we gain from being mindful?** Mindfulness can help us control our impulses, respond better to difficult situations, improve our health, and have deeper relationships with each other.
- **Mindful eating** helps us savor the food in front of us and feel more satisfied at the end of our meals.

### Activity:

- Give each child a small sample of a food such as a grape, raisin, or chocolate morsel. Tell your child(ren) to “Imagine you are a scientist examining your food for the first time.” Then ask the following questions:
  - **What do you see?** Color, shape, size.
  - **How does it smell?** Sweet, strong smell, soft smell.
  - **Can you hear anything?** Raisins, for example, have a soft sound when you squeeze them, otherwise you may talk about the sounds this food would make during the cooking or chewing process.
  - **What do you feel between your fingers?** Soft, hard, sticky, warm.
  - **Place the food on your tongue and hold it there.** What do you notice?
  - **Now chew slowly.** How does the flavor change as you chew?
  - **Swallow.** How far can you feel the food in your body?

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