

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.
- **What are the benefits of mindfulness?** Mindfulness can help you control impulses, respond better to difficult situations, improve your health, and have deeper relationships.
- **Mindful eating** helps you savor your food and feel more satisfied after a meal.

Activity:

- Give your child a small sample of food such as a grape, raisin, or piece of chocolate. Tell your child to, "Imagine you're a scientist examining your food for the first time." Then, ask the following questions:
 - **What color do you see?** Color, shape, size.
 - **How does it smell?** Sweet, strong smell, soft smell.
 - **Can you hear anything?** For example, raisins have a soft sound when you squeeze them. You can also talk about the sounds the 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 it slowly.** How does the flavor change as you chew?
 - **Swallow.** How far can you feel the food in your body?

