


Name \_\_\_\_\_ **Mindfulness**


# Mindful Eating

Mindfulness means being fully present and paying attention to everything about what is going on in each moment. Today, practice mindfulness while you are eating. Notice how everything looks, tastes, smells, sounds, and feels, and how the experience of eating makes YOU feel. When you have finished eating, describe what you ate. Then, in each box, describe the experience of each of your five senses.


I ate \_\_\_\_\_




A rounded rectangular box with a hand icon at the top center, pointing to the left. The hand is light brown with a ring on the ring finger.




A rounded rectangular box with a nose icon at the top center. The nose is light brown.



A rounded rectangular box with an eye icon at the top center. The eye is orange with a black outline.



A rounded rectangular box with a mouth icon at the top center. The mouth is open, showing a red tongue and white teeth.



A rounded rectangular box with an ear icon at the top center. The ear is yellow.