



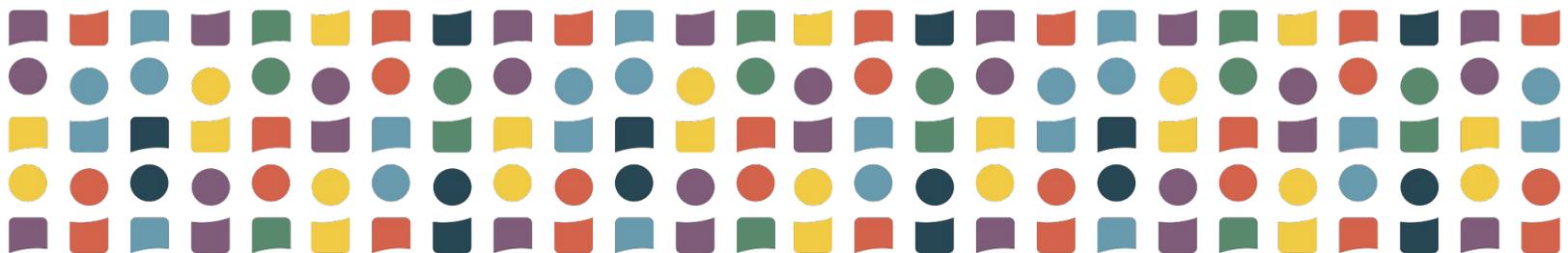
## Lesson Three

In this lesson, students explore the benefits of mindful eating through hands-on activities. Students are given a small healthy snack and they use all their senses—seeing, smelling, touching, listening, and finally, tasting—to mindfully enjoy the snack. They compare their emotions and their physical sensations before, during, and after eating. Like Cleo in the story, they practice teamwork to make a healthy snack. They are also encouraged to try new foods at home and share their experience the next day.

### **At Home Practice:** 🍎 **Let's Have a Snack Adventure!** 🍎

We'll use our senses 👁️ 🖐️ 👂 👃 and have some yummy fun!

1. First, let's gather our ingredients! What healthy snack should we make together? Maybe granola with oats, dried fruit, or nuts? You get to help choose!
2. Now let's use teamwork to make it! You can help pour, scoop, or stir. Mix it up with care and love!
3. Put your snack on the table. Now let's turn off all distractions—no TV, no phones, just us and our snack!
4. Look at your snack like you've never seen it before! What colors do you see? Is it shiny? Crumbly? Use fun words to describe it!
5. Now smell your snack. What does it remind you of? Cookies? A picnic? Tell a friend or grown-up what you smell.



***At Home Practice: Let's Have a Snack Adventure! cont.***

6. Touch your snack gently. Is it soft or crunchy? Smooth or bumpy? Use your fingers to explore it.
7. Take one tiny bite. Chew slowly. What does it sound like in your mouth? What does it taste like?
8. Use your thinking brain! What words describe the taste? Is it sweet, salty, chewy, or crunchy?
9. How do you feel? Were you hungry before? Are you full now? Did you like sharing this moment together?
10. Yay! You just did mindful eating! You used your eyes, nose, hands, ears, and taste. When else could you use your five senses like this?