



# Mindful eating

## Learning objectives

Children understand how meditation does not just happen on the cushion, but it is about integrating mindfulness and meditation in daily life and learning to be mindful while eating.

## Preparation

Place an orange in front of each child.

(other fruits can be used depending on local availability)



## Guided meditation

We make ourselves very comfortable...

We settle in the present moment, simply aware of how we are feeling, aware of any sounds around us...

Now look at the orange in front of you, how does it look?

Take it in your hand and hold it for a while. How does it feel in your hand?

Breathe in and out slowly.

When you look at it deeply, you will be able to see many wonderful things—the sun shining and the rain falling on the orange tree, the orange growing, the tiny fruit appearing on the branch, the colour of the fruit changing from green to yellow, and then the full-grown orange.

Now slowly begin to peel it. Smell the wonderful scent of the orange peel.

Then break off a piece of the orange and put it into your mouth. Taste its wonderful juice.

The orange tree took three, four, or six months to make such an orange.

Being fully present while eating an orange, an ice cream cone, or any other food is a delightful experience. Enjoy eating it slowly and mindfully.

*(Based on "Pebble for your Pocket" by Thich Nhat Hanh)*



**Note for teachers:**

This meditation can be done with any other fruit, or with chocolate.

The beauty of this exercise is that many different senses (of sight, touch, taste, smell) are included here.