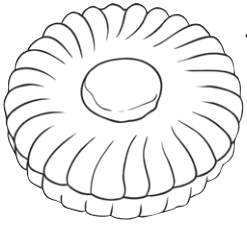


Mindful Snack Time





Stopping and taking time to notice the little things in life can help us enjoy more of every day. This can help us feel happy, calm and relaxed.

We can take time to notice the little things in most of what we do.

Today, we are going to stop and take time to really notice our snack time!

My snack is _____

Sit quietly and fill in the boxes below as you enjoy your snack.

Look closely at your snack. Explain what you can see. Can you use an adjective?	
Smell your snack. Describe what you smell.	
Eat your snack. Describe how it feels in your mouth.	
Eat your snack. Describe how it tastes.	

Well done for taking a mindful moment in your busy day! How do you feel?

