

St. Mark School  
February 22, 2018  
Mindfulness

When walking, walk. When eating, eat. -Zen proverb

### **Appreciations**

Thank you St. Mark teachers for sharing your appreciation for our yoga practice last week!

### **Mindful Eating**

The intention in this practice is to become aware of the pleasure and beauty that can be experienced in a normal daily activity. This is a sensory based experience where we explore our sense of sight, smell, hearing, touch, and taste. This practice can help us bring sensory awareness to everything in our lives, from eating a meal to getting dressed.

Raisins (TK, 6th & 8th)

Sight

Look at your raisins like mindful scientists. Look at the color, the shape, compare and contrast...

What color is it?

“Red, purple, reddish black”

What shape is it?

“Like a flat pancake, circle”

How are the raisins the same? How are they different?

“One is black and one is burgundy, one is squishy and one is hard”

Smell

Bring one raisin to your nose, close your eyes, smell the raisin

What does it smell like?

“Dirt, red wine, brown sugar, sweet, raisins, cranberries”

Hearing

Bring one raisin to your ear, close your eyes, roll it between your fingers

What do you hear?

“Cracking, sticky, squeaky”

Touch

Roll the raisins between your fingers

What does it feel like?

“Bumpy, sticky, wrinkly, hard, squishy”

Taste

Now the moment you've been waiting for...put the raisins on your tongue. Move the raisins around with your tongue. Now take one bite

What does it taste like?

“Cherries”

Apricots (K-5th)

Sight

Look at your apricot like mindful scientists. Look at the color, the shape, compare and contrast...

What color is it?

"Orange and yellow, red and brown, bright orange, the color of honey, yellowish orangish, black stuff, white dots, red dots"

What shape is it?

"Oval, donut, heart, eagle's beak, circle, rocket, butterfly, crescent"

Smell

Bring the apricot to your nose, close your eyes, smell the apricot

What does it smell like?

"Honey, dog puke, sour, sweat, fruit, raisin, rotten eggs, fresh, 2 rotten burritos, pruny, lemon, tangerine, dog food, camping trip"

Hearing

Bring the apricot to your ear, close your eyes, roll it between your fingers

What do you hear?

"Popping, slimy, squishy, sponge, glue, cracking, squeaking, "I am an apricot", choppy, pop rock, crinkly, sparks, car engine, crackly, ocean"

Touch

Roll the apricot between your fingers

What does it feel like?

"Jelly, dry, slimy, bumpy, rough, greasy, juicy, sticky, wrinkly, squishy, mushy, silky, slimy, bendy, slippery, wet, inside of a dead banana, smooth and rough, soft snakeskin"

Taste

Now the moment you've been waiting for...put the apricot on your tongue. Move the apricot around with your tongue. Now take one bite

What does it taste like?

"Fur, wrinkly, bumpy, sewer water, rotten hamburger, fresh, spoiled milk, rotten hotdog, candy, ice cream, I'm gonna suck on this the whole day, sweet chocolate, rotten cheese"

Isn't it amazing how much taste is in one raisin/apricot? When we slow down and bring our attention to what we are eating, we really taste and enjoy our food! When we eat, we are often thinking of other things, talking to people, watching TV, and not really enjoying our food. So when you eat snack, or dinner, or your favorite food, practicemindful eating and really taste and enjoy your food!

In April, we will move into integration practices to help students be mindful in everything they do.

With gratitude,

Cary

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