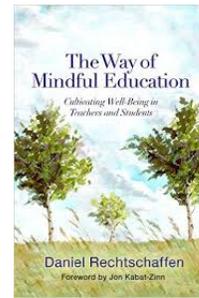


St. Mark School
March 2, 2017
Mindfulness



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

Appreciations

Thank you Mrs. Donaldson and Mrs. Welchance for starting the day with mindful breathing!
Thank you Mrs. Harrington and 6th grade for reading the poem, It Takes Courage
Thank you Mrs. Custer for sharing the book, Penguin Problems by Jory John
Thank you Ms. Page for our conversation about mindfulness and music

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.

Sight

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

What color is it?

"Brown, white, orange, amber"

What shape is it?

"Oval, circle, triangle"

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

"Wrinkles, lighter/darker, bumps, same, different, fat, little, big, small, long, skinny"

Smell

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

What does it smell like?

"Rotten eggs, grapes, coffee, maple syrup, popcorn, cinnamon, peaches, sweet, sweet wood"

Hearing

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

What do you hear?

"Nothing, boom, crinkle, rubbery, crackle, static, fire crackling, like having soap in your ear, like when you step on a cockroach, like when you are stirring pasta"

Touch

Roll the raisins between your fingers
What does it feel like?

"Squishy, sticky, grandma, slimy, skin, scratchy, soft, hard, wrinkly, waxy, like it's going to pop"

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?

"Grapes, coffee, jelly, sour, sweet, salty, exploded in my mouth, shivers inside"

Isn't it amazing how much taste is in one raisin? 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, practice mindful eating and really taste and enjoy your food!

Next week we move into attention lessons. We are going to explore mindful breathing by witnessing the natural breath experience.

With gratitude,
Cary
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