



Script: Mindful Bites Activity Narration

PART I: Lesson Preface [copied from Lesson: Mindful Bites]

Purpose. Today the class will be engaging in a mindfulness exercise that involves tasting food, or mindful eating. This exercise is designed to strengthen the mind-body connection in support of well-being.

Delivery. As the teacher, you will guide students through the exercise with the aid of a Script and Google Slides. It is recommended that you review these resources ahead of time; the more familiar that you are with them, the better able you will be to guide students with your tone, words, and actions.

We are also providing you with an audio recording. You may choose to review this audio recording ahead of time so that you can hear an example of how this script may be delivered effectively in class. If you want to make adjustments or employ this audio in another way, feel free to follow your intuition. You may, for example, wish to play the audio for students rather than read the script aloud. Note, however, that the audio is recorded without wait time and does not include a few additional instructional notes which should be stated aloud. Please be sure to pause and allow adequate time for students as they move through each aspect of the mindful exercise.

Physical Space. With mindfulness activities, setting is important. It is recommended that the group take a few minutes to ensure the classroom environment is free from clutter and distraction and that students have only the items required for this lesson at their workspace.

Food Safety. Today's lesson involves tasting food. Prior to the start of the lesson, ensure that you have adequate food for each student, that personal hygiene is considered, and that the foods being consumed do not pose a health risk to students or personnel with food allergies. We recommend having available *at least* 2 slices, bites, or units of food per student.

Recommended Foods: Apple, Carrots, Clementines, Cheerios

Script begins on page 2...

PART II: Script

[Pass out food items to each student. Instruct students ahead of time to NOT eat their food until invited to as part of the Mindful Bites Activity]

Note: Replace **food** in the script with the name of your selection. For example, **food** becomes **apple**.

[Open to slide 1 in [Mindful Bites presentation](#)]

Narrator: “We are about to begin a mindful eating activity. With most mindful activities, there’s very little talking. This is a time to reflect and answer questions in your mind or on paper. We won’t be sharing our thoughts out loud until the very end. At the end of the activity, we have set aside time to talk about our thoughts and feelings together. Until I let you know that we’re done, I’d like you to be thinking in your head and writing quietly; not sharing aloud.”

Narrator: “Let’s perform a directions check. Who can tell me: Are we going to be answering aloud during this mindful eating activity?” [students respond] “How will we know when it’s time to share aloud?” [students respond]

[BEGIN; Recorded narration begins here]

Narrator: “Notice the gifts your body gives you everyday. Being able to smell flowers, fruit and the ocean is a gift. Being able to hear music and your family say “I love you” is a gift. Being able to feel the softness of a blanket, the gooeyness of slime and all the textures around you is a gift. Do you think being able to taste sweet, sour, and salty is a gift? What about being able to see all the vibrant colors of the rainbow, and see plants and animals grow right before your eyes?!”

[Momentary pause for reflection]

Narrator: “All of nature is a gift. You are nature and so are the plants that you eat. So that means even you and your food are a gift!”

[Momentary pause for reflection]

Narrator: “What if we thought of our food as a gift every time we ate? What if we paid attention to how it looks, smells, tastes, feels and sounds before we even take a bite? I wonder how it will make you feel.”

[Progress to slide 2 of the presentation]

Narrator: “Notice how you’re feeling right now. Ask yourself, ‘How am I feeling?’”

[Momentary pause for reflection]

[Progress to slide 3 of the presentation]

Narrator: “Today we’re going to practice with this food. This will be different than a regular snack time as we slow down and concentrate on all this food has to offer. When we observe the food, let’s try our best not to judge it as good or bad. Let’s use words that describe the food without using our own opinions, or what we think about it, and instead, accept it as it is.”

[Progress to slide 4 of the presentation]

Narrator: “First, leave the food on your napkin and start to look at it, being extra curious. Imagine you are seeing it for the first time. What colors do you notice? Shapes? Textures? What stands out about how it looks? Please make notes in the ‘What do you see?’ box of your Mindful Bites Worksheet.”

[Allow at least 2 minutes]

[Progress to slide 5 of the presentation]

Narrator: “Next, pick up the food and hold it on your hand. You can move it around between your fingers. What does it feel like when you hold it in the palm of your hand or between your finger and thumb? Please make notes in the ‘What do you feel?’ box of your Mindful Bites Worksheet.”

[Allow at least 2 minutes]

[Progress to slide 6 of the presentation]

Narrator: “Now lift the food to your nose and smell it! How would you describe the smell? Does it remind you of anything? Please make notes in the ‘What do you smell?’ box of your Mindful Bites Worksheet.”

[Allow at least 2 minutes]

[Progress to slide 7 of the presentation]

Narrator: “Being careful not to crush the food, hold it to your ear and see if it makes any sounds as you move it between your fingers. Please make notes in the ‘What do you hear?’ box of your Mindful Bites Worksheet.”

[Allow at least 2 minutes]

[Progress to slide 8 of the presentation]

Narrator: “Now, before you put the food in your mouth, you are first going to put it right on your tongue without chewing. Go ahead. Is your mouth watering? Before you chew, what is the first thing you taste?”

[Momentary pause for reflection]

Narrator: “Okay, you can start to chew. Chew it at least 10 times before swallowing. Think about the change in flavor and textures. Does it change the longer you chew? Can you hear noises now that you are chewing? Please make notes in the ‘What do you taste?’ box of your Mindful Bites Worksheet.”

[Allow at least 2 minutes]

Narrator: “You can have another food and try your best to repeat this process again. This time, imagine what it took for this food to get to your hands: sunshine, water, time. Imagine all the people involved in growing, picking, packing and delivering this food to you.”

[Progress to slide 9 of the presentation]

Narrator: “How do you feel now that you’ve taken a few mindful bites?” [Audio narration ends] “We are at the end of our mindful eating exercise and it’s time to share what we thought and felt out loud.”

[Take a few minutes to hear from students: What did they think about as they took part in this activity? How did it make them feel, both physically and emotionally?]

[Progress to slide 10 of the presentation]

Narrator: “Now let’s consider the journey our food takes to get to us, like the image on the screen shows. Who are some of the people who helped to get our food to us today?”

[This question is a bridge to item 3 in the Lesson Plan. Please instruct students to turn to the back side of the Mindful Bites Worksheet, where they can record their responses to the questions provided.]

END