

I can eat mindfully



- Choose a food you like
- Find a calm, quiet place to eat it
- Take your time to eat it slowly

Think about its taste and texture, circle the words that describe the food or write your own.

Taste

Sweet	Spicy
Sour	Salty
Herby	Bitter

Texture

Soft	Smooth
Slimy	Melting
Chewy	Hard
Lumpy	Crunchy

How did it make you feel?



or draw your own

