## TEMPLATE FOR PRACTICE WITH PUPILS

TITLE: **Conscious Eating**

**OBJECTIVES:** **SUGGESTED AGE GROUP**: All ages.

1. Improves focus, concentration and learning.
2. Improves creativity.
3. Enhances gratitude and happiness.
4. Improves Comprehension.

**WHEN TO IMPLEMENT THE PRACTICE DURING DIDACTIC PROCESS:**

It can be done before eating something.

 **METHODOLOGY:**

Mindfulness applied in the school environment.

 **FORM OF WORK:**

Done individually but with the whole class at the same time.

 **NEEDED MATERIALS:**

Something to eat, a raisin or another small food that is connected with nature.

 **DESCRIPTION OF THE ACTIVITY:**

Before eating a raisin or something else, we make a pause to become aware and thank the people, places, and things that were part of its journey, from the tree to our table, and that enables us to eat this food.

1. We cover a raisin in a tissue and tell the class to close their eyes. We give a tissue with a raisin inside.
2. We tell them to open de tissue with eyes closed and sense with their hands what it’s inside, tell them to smell it.
3. We are going to visualize about how it got from the grapevine into our hands:
* We imagine the worms that nourished the soil . . . *Thank you, worms!*
* The sun, the rain that fed the vines, the time it took to grow, one day and another day . . . *Thank you, nature!*
* The farmers who took care of the vines and harvested the grapes . . . *Thank you, farmers!*
* The workers who harvested the grapes, put them out to dry, and boxed them up as raisins . . . *Thank you, workers!*
* The truck drivers who drove the raisins to the store . . . *Thank you, truck drivers!*

- The person who bought the raisins and brought them to you . . . (Children thank you.)

**2.** Now, let’s star eating the raisin slowly, being conscious of every bite, every flavour. Put it first in your mouth for a moment, without chewing, and notice what that feels like. Then spend a moment just chewing it. And, finally, swallow it. Pay careful attention to how each step feels.

 **HOW TO EVALUATE THE ACTIVITY:**

Have you thought about your food this way before?

Do you think about raisins differently now?

 **COMMENTS FOR IMPLEMENTATION** (if possible) – can be gathered after piloting period.

* **Please add additional materials if needed, such as: schemes, templates or sth else if your activity requires it.**
* **Please add illustration if you have it. It can help to understand your idea
by readers.**