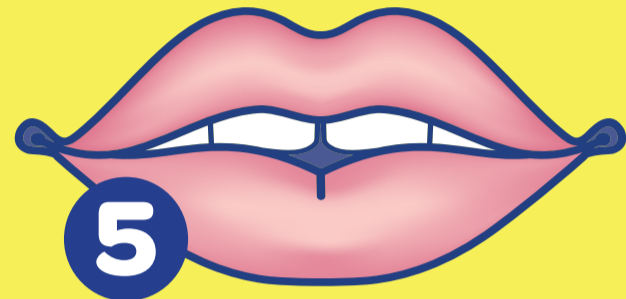


# Let's try eating mindfully



**1** Open your lunch box and **look** at one thing.



**5** How does it **Taste**? Sweet? Salty? Cold?



**2** **Touch** your food. What does it feel like?



Take a bite. Can you **hear** and sound?



**3** What does it **smell** like?

Pause  
Breathe  
Smile

