

# Kids Meditation

Peace | Love | Kindness

## EATING MEDITATION

### Savor Every Bite: Introducing Mindful Eating Meditation

#### Cultivate Gratitude and Mindfulness Through Nourishing Food Experiences

Below is a simple guided meditation script that you can use to introduce eating meditation to your kids. Feel free to modify and adapt it to suit your child's age and interests. The goal is to make the experience enjoyable and engaging, so your child can connect with their food on a deeper level and cultivate a sense of gratitude for the nourishment it provides.

Now, let's begin...

Select your child's favourite fruit or vegetable; for this example we have chosen an apple.

1. Hold the apple in your hand with your eyes open.
2. Observe the apple closely; take note of its shape.
3. Now, notice the texture of the apple.
4. Next, pay attention to the size of the apple.
5. Take a moment to observe the colour of the apple.
6. Close your eyes gently.
7. Now, bring the apple close to your nose and smell it.
8. Notice any aroma it has.
9. Feel the apple in your hand and see if it feels warm or cold.
10. Let's use our imagination: picture the apple growing on a tree.
11. Visualize the rain and sunshine required for the tree to grow and bear this fruit.
12. Bring your attention back to the apple in your hand.
13. Once again, smell the apple and appreciate its scent.
14. Now, take a small bite from the apple and savour its taste.
15. Notice if it's sweet or sour.

# Kids Meditation

Peace | Love | Kindness

16. Feel the juice of the apple in your mouth.
17. Listen carefully to the noise as you take a bite from the apple.
18. While eating, be aware of how you're feeling.
19. After finishing the apple, take a long breath in, and then breathe out slowly.
20. Finally, gently open your eyes.

Incorporating eating meditation into our daily routines helps children develop mindfulness and gratitude. By savouring each bite and appreciating the effort behind our food, we cultivate a deeper connection with nourishment. Let's nurture this practice, making mealtime a mindful and joyful experience and teaching our children to find beauty in the present moment.