

The Chocolate Meditation



Ask the child/children to sit in a circle, with their eyes closed. Tell them that you will give them a small piece of chocolate that they will look at and observe first, so don't eat it right away. This is going to be a playful and mindful way to explore and eat chocolate. Holding the chocolate in their hands ask the child/children to look at the chocolate and notice its shape, size, colour.

Ask them:

"How does it smell? What sensation do you notice in your mouth as you look at the chocolate? Notice the feeling in your stomach."

Encourage the child/ren to pick up the food slowly, holding the food it in their fingers, asking "What does the chocolate feel like in your hand: its texture, temperature?"

Before putting the chocolate into their mouths, pause and ask them to be aware of what they are experiencing in their mouth. Slowly open and place the food on their tongue for a moment without biting into it. Feel its texture- What do you taste?

Ask the child/children questions such as "Does the taste and feeling change as you are chewing?"

"Can you feel the food moving down as you swallow?"

"What can you feel in your stomach?"

Ask the child/ren to notice any emotions, thoughts or memories associated with this food and to notice the sensations and tastes after they have completely swallowed the chocolate.

Take the time to reflect on this experience..