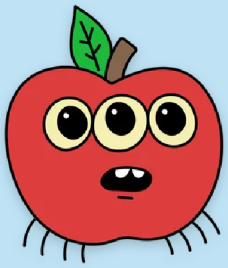
SEL · MINDFULNESS AND CALMING · GRADES 1–5

Mindful Snack Senses

Eat one small snack very slowly and write what you notice with each of your five senses.



Name: _____ **Date:** _____

Pick one small snack, like a raisin, a cracker or a slice of apple. Go slowly. Use each sense **before** you take a bite, then take the smallest bite you can and chew it slowly.

My snack: _____

My sense	What I noticed
See: color, shape, spots or lines	
Touch: smooth, bumpy, soft or hard?	
Smell: sweet, salty, fresh or nothing?	
Hear: is there a crunch or a squish?	
Taste: what changes as you chew slowly?	

Eating slowly was… ○ Hard ○ Okay ○ Easy ○ Fun

Something I noticed that I usually miss:

_____

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