



Mindfulness and the Art of Chocolate Eating!

please also download the 'Tips for Guiding a Mindfulness Relaxation' to help you with this.

This should take around 3-4 minutes.

You will need small bars of chocolate enough for each member of the class.

Alternatively the students can take a piece of chocolate from a large bar.

Please read each instruction one at a time before moving on to the next stage

Approach the exercise with an open mind and a gentle curiosity.

There are no rights or wrongs, just individual experiences.

Consider the wrapped chocolate -

Does the wrapper make a sound? What colour is it? What does it say? Where did it come from?

Open the chocolate, slowly -

Do you feel a sense of anticipation, or an urge to immediately put the chocolate in your mouth? What physical sensations do you have? What emotions are you feeling? Just note them.

Look at the chocolate-

Consider its texture, colour, weight...

Smell the chocolate - does the smell trigger any other senses?

Where do you feel your sense of smell?

Place the chocolate in your mouth but DO NOT EAT!!

How does it feel as it melts?

Where in your mouth can you taste it?

What is the consistency?

What is happening with your mouth, teeth, tongue, lips as it melts?

Move the chocolate around your mouth

Does the area of taste change?

Does the taste itself change?

What is happening to the chocolate?

How do you feel?

Swallow the chocolate, focusing on the sensation.

Is there a lingering taste?

How do you feel physically and emotionally?

Take a little while to consider the experience.

Now continue to the conclusion....

(see next page)

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Group Discussion

How was this different from your general chocolate-eating experiences?

More intense? Frustrating? More pleasurable?

Were you more aware of your emotions during the exercise?

Would this change your future experience of eating chocolate?

Why?

If you would like a speaker to come to your school to introduce Mindfulness, Meditation the practice and technique to your staff and students then please [contact us](#).

For more information on creating a calmer classroom then please download the 5 minutes to a Calmer Classroom Resource.

Visit the Meditation in Schools Website [here](#).

