

Food Contemplation for Kids

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



This is an exercise to explore where our food comes from and to show our thankfulness for it. Food is a gift of the whole universe: The earth, the sky, the sun and the rain. All of these things help our food to grow and we should be thankful for this.

1. Before your meal think about your food and where it comes from.
2. Be thankful for the farmers who grow our food and the drivers who bring our food to the markets to buy. Be thankful to the people who prepare our food.
3. Be thankful that you have food to eat every day because some people do not. Be respectful of this by only putting as much food on your plate as you can eat.
4. Be thankful for the food on your plate and chew it slowly so that you can enjoy it. As you enjoy your food, be thankful that it nourishes your body so that you can be healthy and happy.
5. How will you take what you learned from this forward into your life?