

# Snack Preparation Exercise

## 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



Making snacks with your kids, can also be transformed into a fun meditation exercise. While you allow each child to help measure and mix the ingredients, help prepare the snacks and then help to clean up -- you can reflect on the origins of each ingredient individually and then see how they combine together to make the snack.

When adding each ingredient, you can use it as a metaphor for how people are all made up of different things like colors, ethnicity or religions, but that we can mix and live harmoniously together – like we mix our snack ingredients -- and create something wonderful coming together – like our snack.

Here is a healthy snack recipe you can use.

### PEANUT BUTTER BALL RECIPE

- 1 cup quick cooking oats
- ½ cup peanut butter
- ½ cup honey
- 1 cup nonfat dry milk
- Wax paper

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Mix all ingredients to form a dough then roll the dough into 1" balls. Lay the balls on the wax paper and refrigerate.

How will you take what you learned from this forward into your life?

