6 FUN MINDFUL EATING ACTIVITIES FOR YOUR CLASSROOM

Breakfast CLUB of Canada™

Mindful eating is a type of mindfulness practice that can help children develop an overall better relationship with food by encouraging them to pay attention to their emotions and their bodies while they eat. This, in turn, facilitates a slower, more deliberate pace during meals, enhancing digestion and enabling them to fully savour and relish snacks or meals.



FOOD ART

Food Art not only engages kids in a creative process but also introduces them to different fruits and vegetables in a playful way. It encourages them to explore nutritious food options and can be a great opportunity for learning and bonding. It's fun and interactive, and allows kids to get creative!



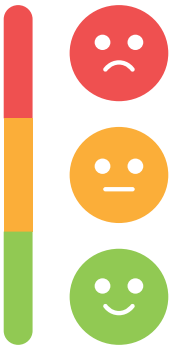
GROW A CLASSROOM GARDEN

Starting a classroom garden is an exciting and collaborative activity that allows kids to better understand where food comes from, how it's grown, and all the time and energy needed to grow a plant. Whether the garden is big or small, students will experience the rewards of seeing food grow in a hands-on, and engaging way.



EAT THE RAINBOW

Promoting mindful and healthy eating habits in children can be achieved by encouraging them to embrace the concept of «eating the rainbow» each day. Throughout the day, children can actively seek out and consume foods that represent each colour of the rainbow. This approach not only introduces an element of fun but also emphasizes the nutritional value of colorful foods, particularly fruits and vegetables.



USE THE HUNGER AND FULLNESS SCALE

Planning a fun activity around the hunger and fullness scale can be a great way to encourage kids to practice intuitive eating, have more bodily awareness, and become more in tune with how they are feeling at any given time. Before kids begin eating, ask them to rate their hunger on a scale of 1–10 with 1 being very hungry, 5 being satisfied and 10 being so full that they feel sick. Do this throughout the meal, and if they are not hungry, don't force them to eat a whole meal. If the student is hungry, they will keep eating. Encourage them to stop eating once they rate their hunger as 5, and not to keep eating until they reach level 10.



RAISIN MEDITATION

This eating activity allows students to explore food using their five senses to fully immerse themselves in the experience of tasting food. Each student is given a raisin, and they are directed to see, smell, feel, and taste it. You can also use various bite-sized foods in replace of raisins. This activity also serves as a form of meditation, emphasizing the development of a crucial skill for practicing mindful eating.



MAKE A MENU

Allowing kids to plan, shop and prepare meals for themselves can teach them essential life skills, give them more autonomy, and set them up for a healthy lifestyle in the future. Encourage students to create a daily or weekly menu plan. Provide cookbooks for them to browse through or have them search the internet to find recipes. Allow them to be creative with crafting exciting menus, even if they aren't perfectly balanced. The goal is to spark enthusiasm for a future where they can plan and prepare their own meals.