



## Florida Fishing Academy Mindfulness 3-5

**Mindfulness:** This means paying full attention to something. It means slowing down to really notice what you're doing. Being present in the current moment.

As many of us are stuck at home we may feel sad or stressed. Being Mindful will help us understand ourselves more. Think about the way that we may feel our feelings or emotions through our body. Does anger feel like you've got steam coming out of your ears? Does love make you feel like your heart is going to burst open?

Activity: Mindful Eating

Mindful eating is a way in which we pay attention to all details as we consume a piece of food. We recognize the taste, texture, color, smell, and notice the noises we hear as we consume the food.

This activity is typically done with a raisin or piece of chocolate but can be done with a variety of foods.

Follow along with this video as it guides you through Mindful Eating:

<https://youtu.be/yeuDxIJgtj4>

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