



# May 2020 Social Emotional Virtual Learning

**ECSE/Program**

## **Mindful Senses**

**Learning Target:**

Students will practice mindfulness.



Being mindful means paying attention.

We can pay attention to things outside of our bodies.

We can pay attention to how we think and feel inside.

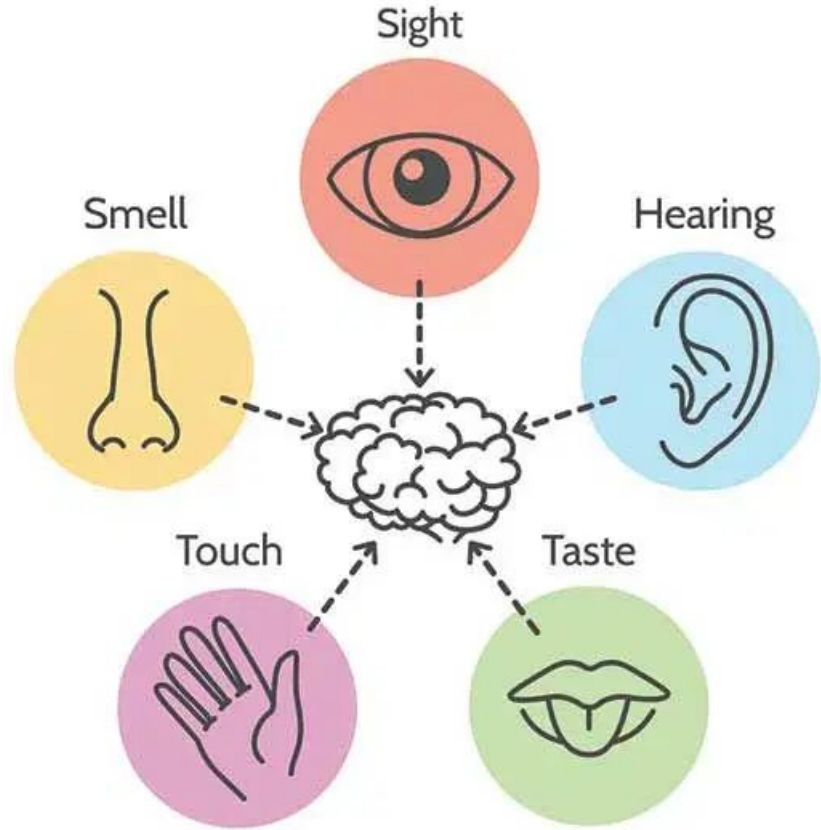
We are detectives who discover clues about our world.

Being mindful means looking at something up close!



We can use our senses to be mindful.

We see, hear, taste, touch, and smell.

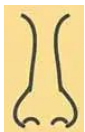


Let's practice with mindful eating!

Choose a food. You don't need very much.



Start by looking. What do you notice?



Now smell. What do you notice?



Touch the food. What do you notice?



Take a small bite. What do you taste?



Take another small bite. What do you hear?

Try mindful eating with different foods.  
You may notice different things!

You are a great mindful detective!