

THE SAVORING ACTIVITY

Choose a simple food that you can eat one at a time
(like a raisin, blueberry, grape). Place a few in a small cup.

Find a quiet and comfortable place to eat.

Observe the food. Notice how it looks. Any nooks and crannies?

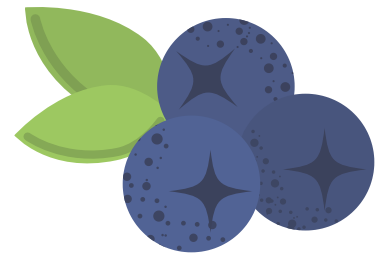
Pick up the food. Notice how it feels in your hand.

Smell the food by bringing it close to your nose and inhaling.

Put the food in your mouth. Don't chew yet! What does it feel like on your tongue? Taste the blend of flavors on your tongue. Do you notice your mouth watering?

Chew the food slowly.

Swallow.



Reflection:

How did you feel doing this activity?

What do you think is the reason we did this?

How might practicing savoring help you make healthy changes and reach your goals?



THE W.E.L.L. CLINIC

by Children's Primary Care Medical Group