



## 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?



## STOP ACTIVITY

S is for STOP. Stop what you are doing for a moment.

T is for TAKE. Take a few finger breaths

O is for Observe. Notice what is happening, as well as your current thoughts, feelings, or emotions.

P is for Proceed. Proceed with something that will support you in the moment. Take a walk or talk to a parent or friend.



**The next time you feel stress, anger, etc. go through this exercise and put STOP into practice.**

1. STOP. Did you stop what you were doing for a moment? What happened?

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2. Take a moment. Take a few deep breaths.

3. Observe. What did you feel? \_\_\_\_\_

4. Proceed. What did you do? How would you normally respond in this situation?  
How might you change your response in the future?

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