The Raisin Mindfulness Exercise for Kids

The raisin exercise helps you slow down and notice the experience of eating.

1. Hold the raisin
2. Look at the raisin
3. Touch the raisin
4. Smell the raisin
5. Put the raisin in your mouth
6. Chew the raisin
7. Swallow the raisin
8. Notice how you feel

mindfulnessbox.com
https://mindfulnessbox.com/raisin-mindfulness-exercise/