

MINDFUL EATING, HEALTHY LIVING

ACTIVITY: Practicing Mindful Eating

DATE: 28 August 2025

CONDUCTED BY: Class 1

Today, before lunch, the students of **Class 1A** were introduced to the simple yet powerful practice of **Mindful Eating**. They were gently guided to observe the **appearance, smell, and taste** of their food, while eating slowly and calmly. The session highlighted the importance of **chewing properly, savoring every bite, and showing gratitude** for the meal.

Children also learned how mindful eating not only supports **good health and digestion** but also helps build **awareness and appreciation** for what they eat. Putting this into practice, the students enjoyed a peaceful and pleasant mealtime together, turning lunch into a joyful and meaningful experience.

