

- Wellbeing in Mind
- Communication in Mind
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# Aware of This Moment

## FACILITATOR HANDOUT

We live such busy, chaotic lives that it is very easy to miss what is going on in the moment.

We are often thinking ahead about things that are going to happen, what we have to do to prepare and wondering how we are going to cope. Or thinking back about things that have already occurred, wondering if we did the right thing or made the right choices, if we said the wrong thing or if we could have done things better. When we get caught up in thoughts of looking forward or behind, we miss what is going on right here, right now and that can rob us of pleasant positive experiences. For example, have you ever been drinking a cup of tea then gone to take another sip and realise you've finished it already? When you eat sweets or chocolate can you remember the taste and pleasant sensation you got from it a few moments after it's gone?

By being more present and in the moment, we can get more enjoyment in our lives.



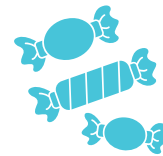
### Activity

- Pass out one fruit pastel or raisin, while reading the below script. Make sure you leave enough time between sentences for children to experience each step.

We are going to do an activity to help you practise being in the moment. Remember, this is a skill and any skill will get stronger and easier the more you use it.

I am going to give you some instructions that I would like you to follow. I am also going to ask you some questions. You do not need to verbally answer these questions – just think about them in your mind. If you find your thoughts drifting throughout this exercise that's OK. Just notice, refocus on my voice and follow the instructions.





Hold your sweet in your hand. What does it look like? What shape is it? Run your finger over it. What texture is it? Are there any differences in the texture? Are there any changes in the shape or colour?

Slowly bring your sweet up to your nose. Is there any smell to the sweet? What does it smell of? How would you describe it?

Hold out your tongue and place the sweet there. How does your tongue feel? What is happening to your mouth? Are your taste buds or saliva glands doing anything? Close your mouth and hold the sweet on your tongue. Have any sensations changed? What does the sweet's texture feel like now it is sat on your tongue? Have your saliva glands changed?

Slowly roll the sweet around your mouth. How does it feel against your tongue? Against your teeth? Suck on the sweet. Any changes to sensations?

Bite into the sweet. What is the texture? What flavours do you experience? Are you getting the same flavour or is it changing in your mouth?

Notice how your body tells you it is ready to swallow the sweet. What happens if you ignore that sensation for a few moments? When you are ready, finish chewing and swallow your sweet.

## Discussion



How did that feel? Did they find it difficult or easy? Did they notice anything that they had not noticed before? Did they notice that their mind wandered throughout the exercise? Discuss how they may use this skill to eat or drink more mindfully. Is this something they feel like they may be able to do? If not, why not? What are the barriers to us eating mindfully?