

## Listening to raisins

Today's game is listening to raisins! Yes, you read it correctly... We are going to *listen* to raisins.

Pick a raisin and take a few slow breaths. We are now going to focus on each of the five senses:

### **Sight**

What colour is the raisin? Is it translucent? Does it have ridges?

### **Touch**

Does it feel bumpy? How about those ridges?

### **Smell**

Does the smell remind you of anything? How is it different from other foods? Does it smell sweet?

### **Sound**

Can you hear sounds when you bring the raisin close to your ear and squish it gently?

### **Taste**

Can you taste flavours while holding the raisin on your tongue? How about when you bite into it?

Are there any flavours left lingering in your mouth after you swallow?

### **Paying attention to senses like this helps us to...**

Focus

Slow down

Feel a bit calmer

Train our brains to stay present

Still our minds for a short while

## **Now are you ready for a big secret that will blow your minds ...**

Are you ready?

Here it is:

You can in fact do the raisin meditation with a piece of chocolate too :-)

Yes, you can actually meditate and eat chocolate!

