



Welcome to Week 2 of Virtual Peace Class!

Dear teacher,

This week we are going to be talking about **Mindful Eating**.

Here's the way I teach this 15 minute virtual class to my students:

Mindful Eating means really paying attention to and thinking about what you are eating. You can pay attention and use all of your senses to experience your food. It might feel funny at first but it's really fun!

Watch this video to see some kids talking about Mindful Eating:

[Kids talk about Mindful Eating](#)

What do you think? Do you want to try to eat something mindfully?

Watch this video of Peace Teacher Ms. Ryden and her family talking about mindful eating. You'll see Ms. Ryden's son Henry (you might know Henry from Ms. Ryden's book, *Henry is Kind*) and you'll see Henry's friend Madeleine, and Phoebe, Ms. Ryden's dog, makes a special guest appearance! You can watch them try some mindful eating and then join in yourself!

[Ms. Ryden's Mindful Eating Video](#)

Your job: Find something to eat – an apple, an orange, a cracker, a raisin, whatever you have around, and eat it mindfully! Post a note in *[wherever your class communicates]* and let me know what you ate and what you experienced. Then teach someone else in your family how to do Mindful Eating!

Gratitude Practice: Mindful Eating can also be a great way to practice gratitude. You can think about all of the people who are working hard to bring us our food. You can thank the delivery people, the people working in the grocery stores, the people making your bagels, the farmers, the truck drivers, whoever went to the store to shop for your family and whoever cooked your food. A lot of people are involved in helping us to have the food we need. So when you sit down to do your

Mindfulness today take some time to think about and thank those people. And then when you are finished doing your mindfulness why don't you make a card to share your thanks with someone. Enjoy!!

Have a great week everyone!!!

With much love,

Ms. Ryden

