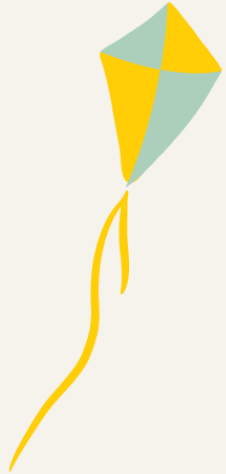
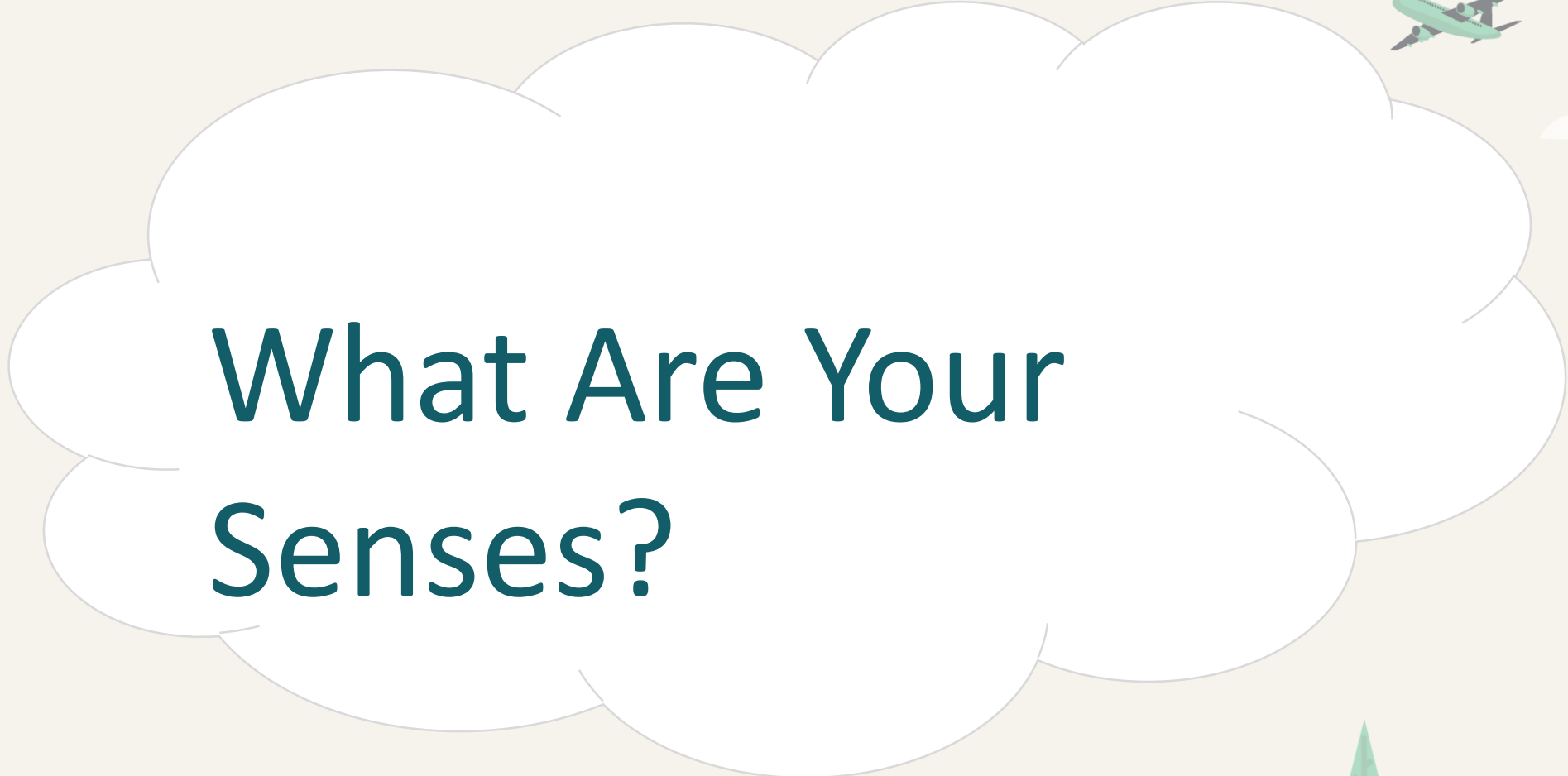




Exploring Your Senses





What Are Your Senses?



What Are Your Senses?

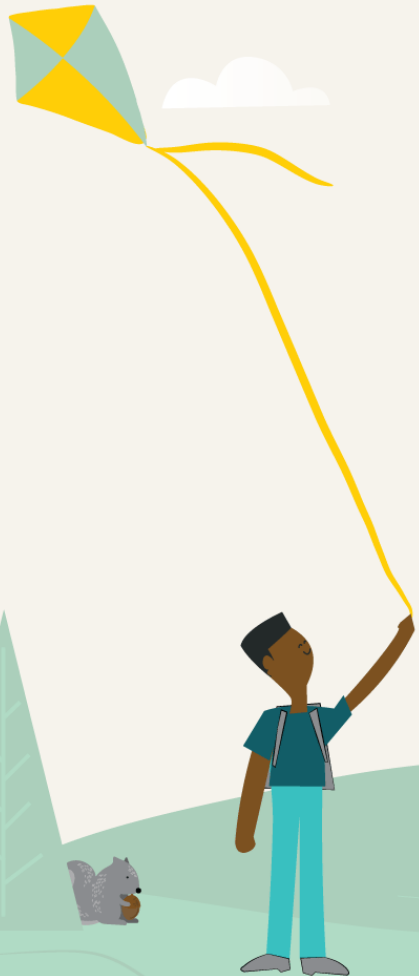
There are 5 senses:

- See/Sight
- Smell
- Hear
- Taste
- Touch/Feel





We SEE with our EYES



We SEE with our EYES

- How can we describe some of the things we can see?
 - Shapes
 - Colors
 - Size





We SMELL with our
NOSE



We SMELL with our NOSE

- How can we describe some of the things we can smell?
 - Sweet
 - Smoky
 - Bad: rotten, stinky
 - Smells like: flowers, rain, dirt, grass
 - Clean
 - Fruity

We HEAR with our
EARS

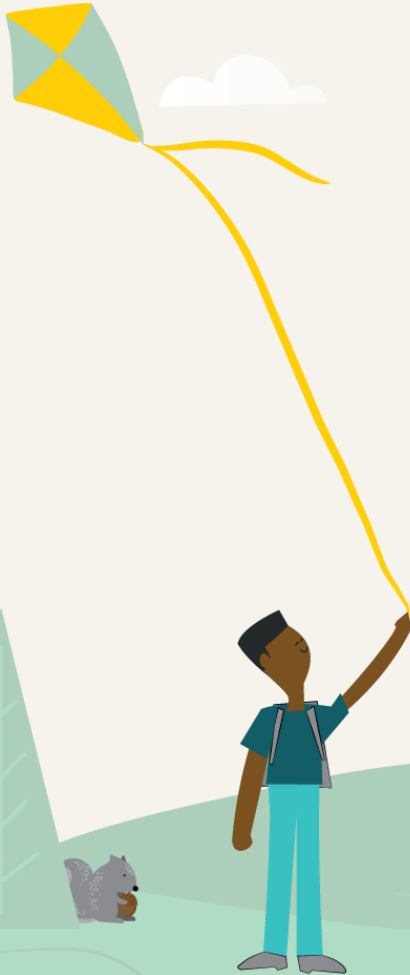
We HEAR with our EARS

- How can we describe some of the things we can hear?
 - Loud
 - Splash
 - Grumble
 - Gulp
 - Crunch





We FEEL with our
HANDS



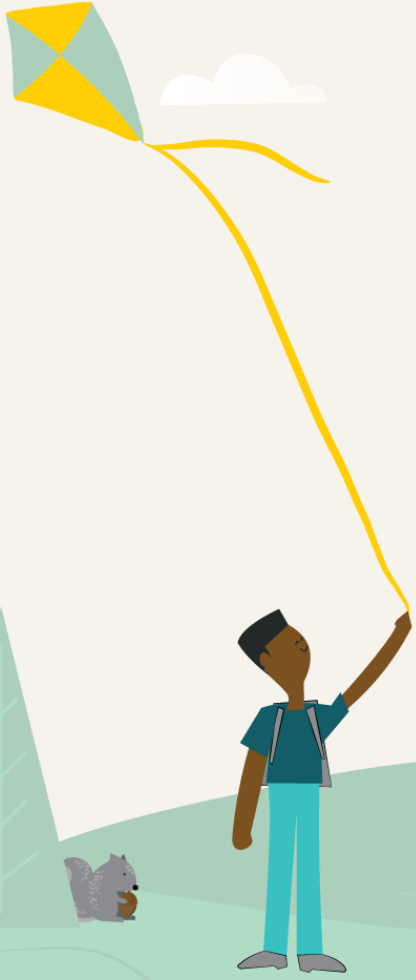
We FEEL with our HANDS

- How can we describe some of the things we can touch?
 - Soft
 - Scratchy
 - Furry
 - Smooth
 - Sticky
 - Rough
 - Hard
 - Bumpy





We TASTE with our
TONGUE



We TASTE with our TONGUE

- How can we describe some of the things we can TASTE?
 - Sweet
 - Sour
 - Bitter
 - Salty
 - Spicy

Where and When Do We Use Our Senses?

Where and When Do We Use Our Senses?

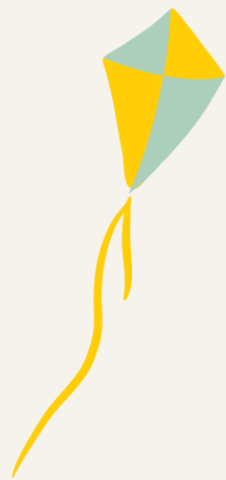
- To understand everything around us
- Important when we eat
- We call using our senses for food

BEING MINDFUL

What Does It Mean to Be Mindful Or A Mindful Eater?

What Does It Mean to Be Mindful Or A Mindful Eater?

- Focusing in on yourself and paying attention to your senses and what is around you
- Using our SENSES we can be MINDFUL about if our body is hungry



Using our SENSES we
can become MINDFUL
EATERS!

