

Exploring Your Senses



What Are Your Senses?



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There are 5 senses:

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



Where and When Do We Use Our Senses?





Where and When Do We Use Our Senses?

- Senses are important to understand everything around us
- Important for when we eat
- We call using our senses for food

BEING MINDFUL



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



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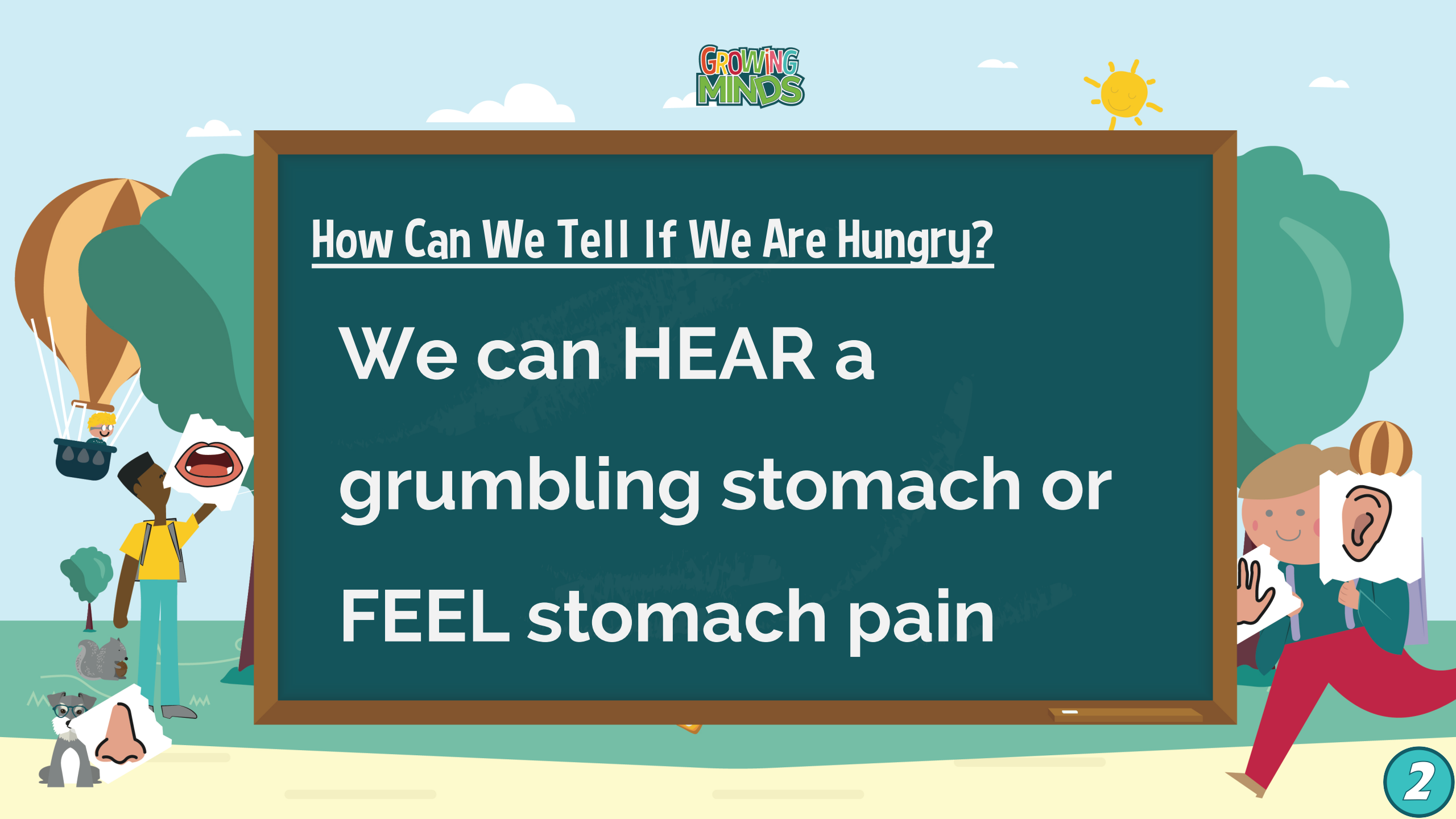
- Focusing in on yourself and paying attention to your senses and what is around you
- Using our SENSES we can be MINDFUL about if our body is hungry

How Can We Tell If We Are Hungry?

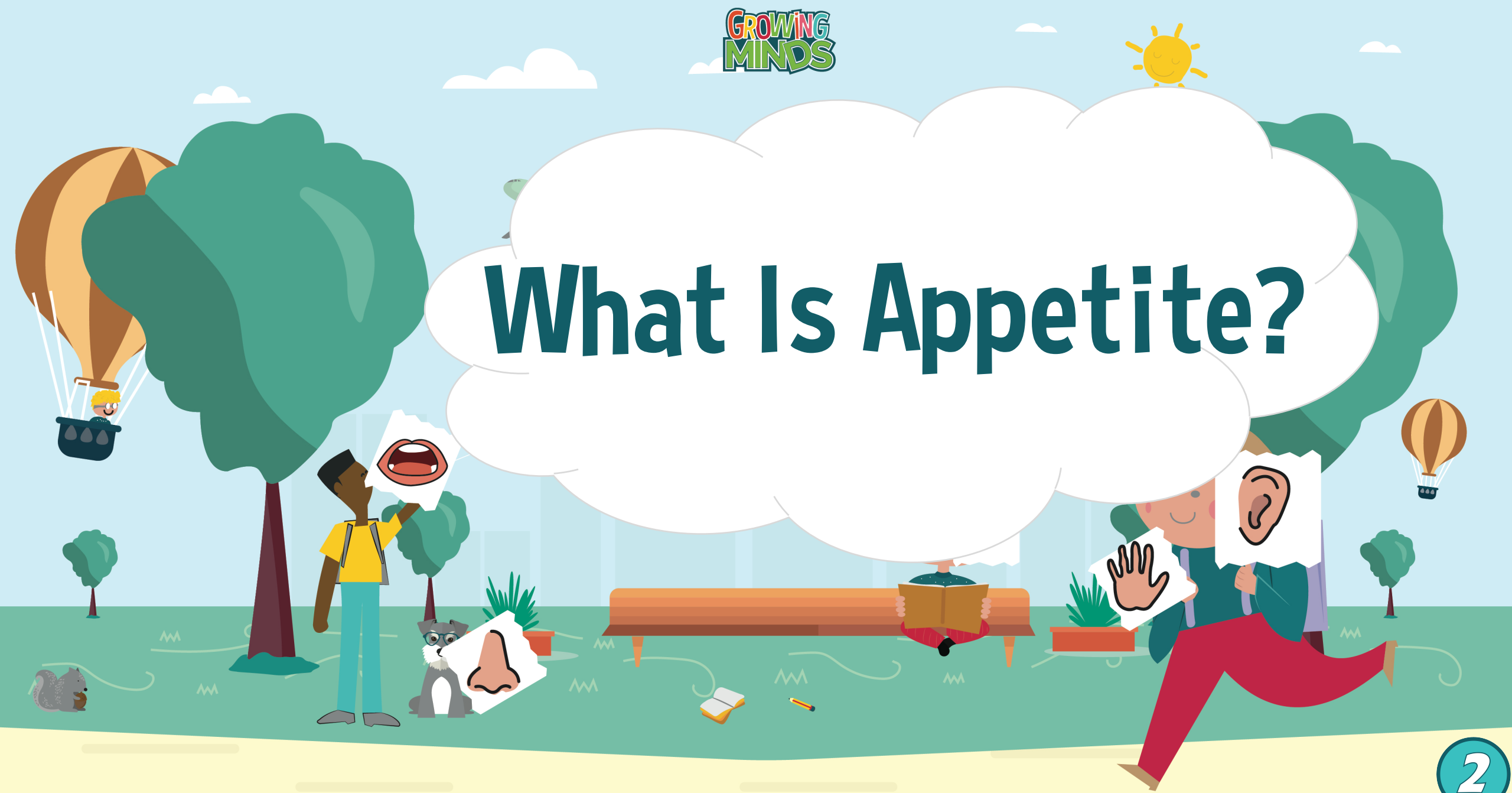


How Can We Tell If We Are Hungry?

We can HEAR a
grumbling stomach or
FEEL stomach pain



What Is Appetite?

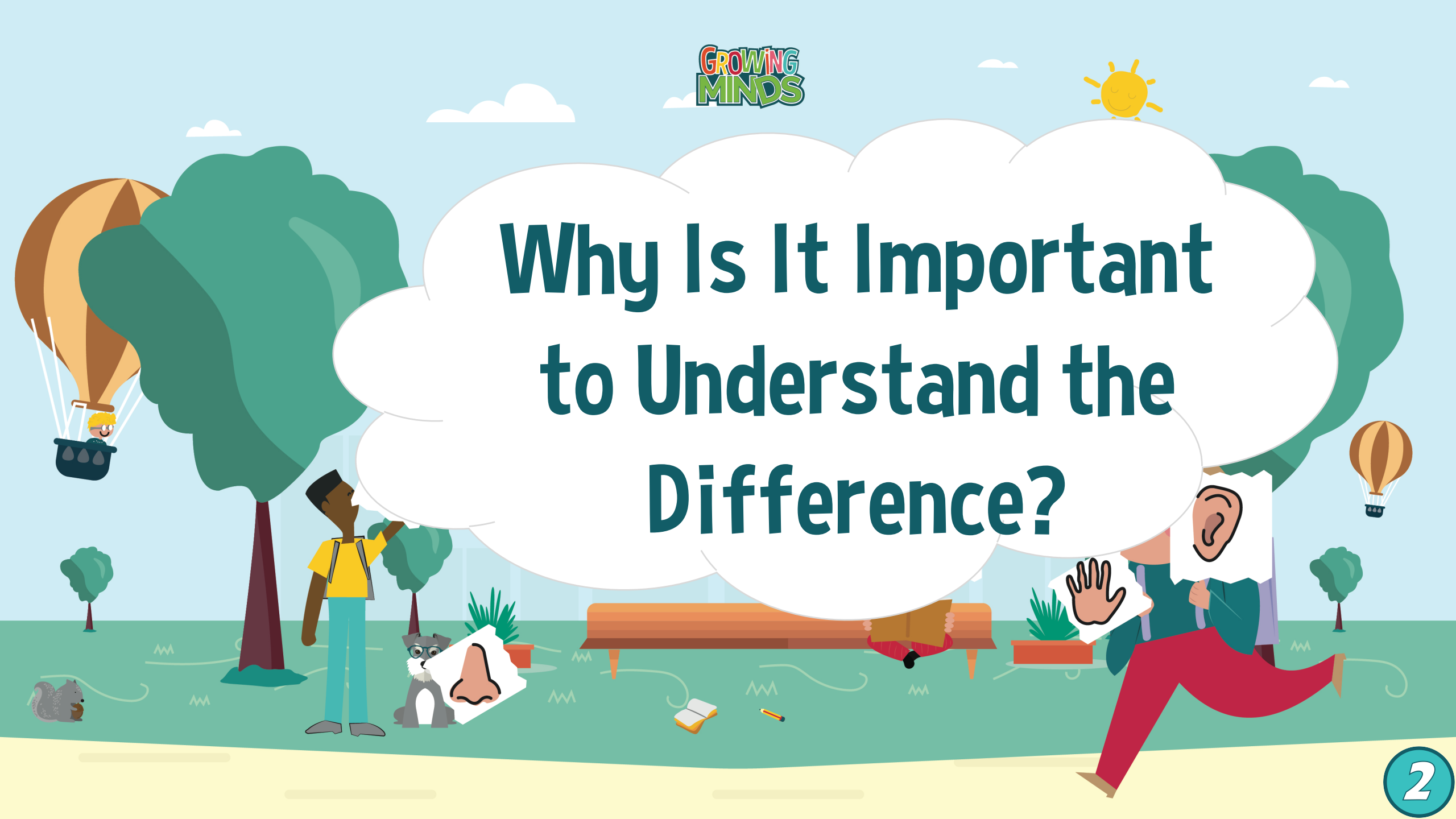


What Is Appetite?

- Appetite is our want for food
- Appetite can be triggered by our senses and the environment around us



Why Is It Important to Understand the Difference?





Why Is It Important to Understand the Difference?

It can help us to be MINDFUL of:

- If we want to eat because we are actually hungry OR
- If we only want to eat because something smells or looks good



Using our SENSES, we
can become MINDFUL
EATERS!