



Mindful Palate



Suggested instructions Mindful palate

K - 5th grades:

Invite the children to draw what they had for dinner the night before, or breakfast this morning.

K - 2nd grades:

Invite the children to write a sentence or two describing their drawing.

3rd - 5th grades:

Invite the children to write one paragraph that describes their drawing.

Alternative activity:

Invite the children to draw the best food. You may encourage them to "invent" the "best food".

K - 2nd grades:

Invite the children to write a sentence or two describing their drawing.

3rd - 5th grades:

Invite the children to write one paragraph that describes their drawing.