



MINDFUL DINNER

Purpose: to practice mindful eating, embrace the taste and smell of all the ingredients, connect to the body and slow down while eating.

Preparation: prior to the dinner let participants know that we will be having a mindful dinner and will be eating in silence. Ask them to respect silence while entering the dining room and during the whole dinner. You can put relaxing music for the background and dim the light in the dining room to make the atmosphere cosier. Prepare a plate with an olive for each participant in advance, so that once they enter the room, they can just sit down in silence.

Materials: speaker, soft music, olives, silent dining room

Duration: 30 – 60 min

Group size: can be done in as small group as 5 people and as big as 100

Age: 18+

Process:

1. Start by inviting participants to observe the texture of the olive, to carefully look at it as if it would be the first time they are seeing an olive. Invite participants to notice its color and feel the texture while touching the olive with the hands.
2. After observing the olive and feeling its texture, invite participants to put the olive in the mouth, but don't eat yet. What sensations can they feel?
3. Now invite participants bite or chew the olive slowly feeling every bite. Imagine that this is the first time everyone is eating an olive. Invite participants to notice the taste, the flavour. What do they notice? What do they feel?
4. After tasting, now they can swallow the olive and notice any sensations they might feel in the mouth and the body afterwards.
5. After eating the olive, invite participants to apply the same principle for the remaining dinner meals. Feel into the room, if you need to guide participants again through the process or if they can do it on their own.
6. Group Reflection, - after dinner, you can take a moment to reflect about the experience in a group. Now it is the time when everyone can share their experience: How did it feel eating the dinner mindfully? How do they feel in their body and in their mind now?



**Co-funded by
the European Union**

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