**Taste Test**

**How does it help students?**

* **Improve the ability to sense more clearly what is happening in their bodies and in their surroundings**
* **Develop their sense of taste**

**What will we need? Something to taste, such as, a raisin, a grape, a hershey’s kiss**

**How do we do it? Instruct your students to put the item in their mouth and without biting it, ask them to describe the taste, the texture, the smell, and if it is pleasing to them**

**Additional Notes:**

**Reference: https://teachstarter.com/blog/classroom-mindfulness-activities-for-children/**