

# The Chocolate Adventure

## Step 1: Look at your Chocolate

Hold your chocolate in your hand. Don't unwrap it or eat it yet! Just take a moment to look at it carefully.

What shape is it? What colour is the wrapper? Is it shiny? Crinkly?  
How does it feel? Pretend you're seeing chocolate for the very first time!

## Step 2: Listen

Bring the chocolate close to your ear and gently unwrap it.  
What sounds do you hear? Is it soft or crunchy when you touch it?  
For a moment. Just listen to the sounds of unwrapping

## Step 3: Smell

Now slowly bring the chocolate to your nose.  
What does it smell like? Can you notice if it smells sweet, creamy, or chocolatey?  
Take one deep breath in... and out. Mmm!

## Step 4: Touch

Hold a piece of the chocolate between your fingers.  
Is it smooth? Warm? Melting a little in your hand?  
How does it feel to place it in your palm?  
Feel the texture and weight — imagine it's something truly special.

## Step 5: Taste

Now, take one small bite. Don't chew it too quickly! Let it sit on your tongue.  
What do you notice first? Is it sweet? Silky? Crunchy? Does the taste change?  
Take your time. Let the flavours melt into your mouth before taking another bite.

## Final Step: Reflect

Take a deep breath in... and slowly breathe out.  
How do you feel now? Did anything surprise you about your chocolate?  
Did it feel different to eat it slowly? You just practiced mindful eating! That means you used all your senses to enjoy something special — one bite at a time.

