**To Chew or Not to Chew Activity**

First, choose your edible. A piece of candy (like Skittles or Hershey’s Kisses) or a raisin works. Set a timer for three minutes. The idea is for participants to close their eyes, holding the object in their mouth and focusing on it without chewing. Let’s say it’s a Hershey’s Kiss. For three minutes, participants should focus on the candy melting in their mouth slowly. If their thoughts drift, they should simply bring them back to the candy. They should focus on the sensory experience—the taste and feel of the object. Doing so provides a tasty focal point for the mind and builds the capacity for stillness and mindful focus. –