



### Mindfully Growing Curriculum Overview

The goal of the *Mindfully Growing* Curriculum is to reduce stress around food and promote healthy eating behaviors among preschool children and their caregivers. Children participate in weekly mindful yoga and mindful eating lessons that focus on sensory awareness, self-regulation, openness, and curiosity around healthful foods. Parents and Teachers participate in a series of 3 workshops that focus on developing their own mindfulness and mindful eating practices as well as supporting their children’s practices. Each week, families receive a Parent Newsletter and additional resources to encourage practice at home.

	Child Lessons 10 lessons, 1/week, 20 minutes each		Parent Workshops 3, 50-minute virtual meetings	Teacher Workshops 3, 50-minute virtual meetings
	Mindful Yoga Lessons	Mindful Eating Lessons	Mindfulness & Mindful Eating	Mindfulness & Mindful Eating
Week 1	Introduction to Yoga (Calm, Energize, Balance)	Where does food come from? Introduction to Plants*	Introduction to Mindfulness and Mindful Eating*	Introduction to Mindfulness and Mindful Eating*
Week 2	Brain	Where does food come from? Exploring Plants*		
Week 3	Five Senses	Five Senses*		
Week 4	Breath	Senses -Touch*		
Week 5	Body Awareness	Senses – Sight*	Supporting Food Acceptance and Preference through Mindful Eating and Responsive Feeding*	Supporting Food Acceptance and Preference through Mindful Eating and Responsive Feeding*
Week 6	Feelings	Senses – Smell*		
Week 7	Kindness	Senses – Sound*		
Week 8	Finding Calm	Senses – Taste*		
Week 9	Self-regulation	Hunger and Fullness*		
Week 10	Friendship	Sharing Food Together*	Promoting Mindful Feeding and Nourishing Food Environments with a Focus on Family Meals	Promoting Mindful Feeding and Nourishing Food Environments with a Focus on Center Meals

\*tasting opportunities