

## The Malteser Mindfulness Meditation

**Before you start, make sure your hands are reasonably cool – we don't want that chocolate melting too soon!**



1. Take your Malteser and place it in the palm of your hand.
2. Imagine this is the first time you have seen one, and suspend all judgement you might have previously had about it. Adopt a new curiosity about it.
3. Now engage all your senses, following the guidelines below, to explore the Malteser.
  - Look carefully at it – what do you notice?
  - What does it look like?
  - What do you notice about its surface?
  - What colour(s) can you see?
  - How big/small is it in relation to your palm?
  - How does it sit on your palm?
  - What does it feel like?
  - What textures can you feel?
  - If you squeeze it gently, what happens?
  - Bring it up to your ear and roll it between your thumb and fingers. What, if anything, can you hear?
  - What does it smell like?
  - Put it in your mouth and let it rest on your tongue. What do you notice?
  - Roll it around your mouth
  - Bite into it – what happens?
  - Finish eating it, noticing the sensations you experience.