Mindfulness

Hold the orange in your hand and look at it.

Look at it closely!

Look at the colour of the orange, feel the skin of the orange. What does it look like?
It has lots of tiny “pinpricks”; how does the orange skin feel on your fingers?

Put the orange up to your nose and smell it.
Put the orange up to your ear and shake it; does it make a sound? Keeping the orange to your ear, gently squeeze the orange with your hand and see if you hear any sound from the inside of the orange.

Now peel the orange and, listen to the sound this makes.
Can you smell it even more?
Is the orange smell getting stronger? If the juice of the orange drips, feel it with your fingertips – does it feel warm or cold, is the texture sticky or watery?

When it is peeled, look closely at the orange.
Look at the colour of the inside of the orange; is it different from the outside?
As you break open the orange notice the sound it makes as you break it apart into sections.

Take one section of the orange and look at it closely. What can you see? What are the white bits? Are they rough or smooth like the inside? What shape is it now? What do we call this shape?

Break one segment open and look at the juice.

Slowly bring the orange to your mouth; is your mouth watering? Watch how your arm moves towards your mouth.

Gently place the orange in your mouth, letting it lie on your tongue first without taking a bite, exploring the feel of the orange in your mouth.

Now bite down on the orange and notice the taste of the orange.

Slowly begin to chew the orange and notice which side of the mouth it goes to while you chew.

Feel how it tastes and slowly disappears in your mouth.