

Here's a special treat: a cabin reflection we wouldn't normally do at night at camp—gotta keep those critters out of the cabins!

Chocolate Meditation

Can be performed with any food or treat you enjoy 😊

1. Take a small piece of your favorite chocolate
2. First, notice the appearance of the chocolate. What color is it? What shape is it?
3. What does the chocolate smell like?
4. Place the chocolate in your mouth. Don't chew, let the chocolate melt. Close your eyes. Think about these things. If you have a buddy, have them read the questions aloud to you.
 - a. How did this piece of chocolate get to you? What sort of place did the ingredients grow in? Who picked the cacao beans? Who drove the ingredients to the factory?
 - b. What workers were involved in presenting the finished product? Who placed it on the shelves of the store?
 - c. When do I usually enjoy this chocolate? Who or what does it make me think of?
 - d. Allow any other thoughts to enter your mind as the chocolate dissolves
 - e. *Trade places and read for your buddy*
5. Discuss: Did the chocolate taste different this way? What else did you experience for the first time eating this way?

