Adjective Activities

MINDFUL SNACK + MAD LIBS

WORDS IN THE WILD

Purpose:

- Use science skills to practice close observations

- Practice mindfulness (being present)

- Build up a repertoire of adjectives

Materials:

- Pick 3 foods that your kids will at least taste (lemons, herbs, edible flowers, oranges, honey, chamomile tea, a cracker, a vegetable…)

- *Optional: scraps of paper to write individual adjectives on*

Instructions:

Hint: this is a fun activity for older children to prep and run for younger children

1. Put each food item under a bowl. *(Optional, cover your eyes or use a blindfold)*

2. For each food, slowly and mindfully explore it with each sense one at a time: touch, smell, taste, then look. You can even listen to it to help identify the texture. **Is it mushy, juicy, firm?**

3. Ask your child to describe the food at each sense. Don't say what it is yet! Use as many words as you can to describe it. If they are writers, they can write it out. **Goal: collect a lot of adjectives that you can use later to play mad libs.**

4. Randomly select four adjectives and place them in one of the Mad Libs below. Read them and laugh

Tips and Variations:

- **Simple version at a meal:** do this with just one thing at the beginning of a meal. Take a quiet moment, be present with what you're eating.

- **Super simple, food-free version:** Set a timer for 1-3 minutes. Look out the window (or around the room) and write (or scribe) as many descriptive words as you can notice in that time.

- **Write your own:** Older children can write their own mad libs.

- **Shameless Tip:** Mindless eating. If your kids are watching shows, put bite-sized veggies in front of them

- **Extension:** DRAW the mad lib!

There is a _____ tree in my garden.

Its _____ leaves sound _____ and feel so very
_____.

When I am _____, I sit under the tree to relax,
and then I look _____.

Once upon a time, there was a _____ child who lived
in a _____ house. This child always wanted to eat a(n)
_____ sandwich, but their sandwiches usually turned out
_____ or _____.