



Mindful Eating

PSYCHODIETETIC PROGRAMME

Authors:
Katarzyna Wojtkowska
Julia Barlińska

Adapted by:
Kate Harvey
Sarah Snuggs

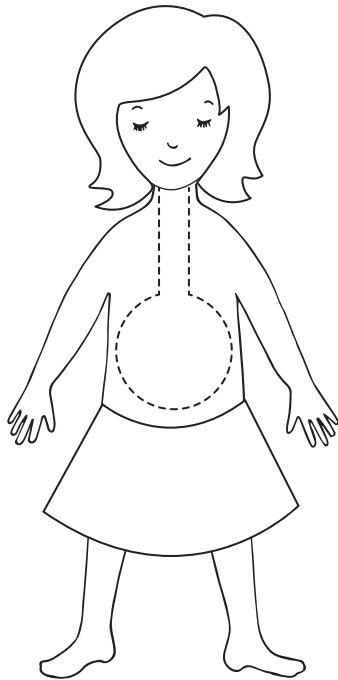


This activity has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 101019719.



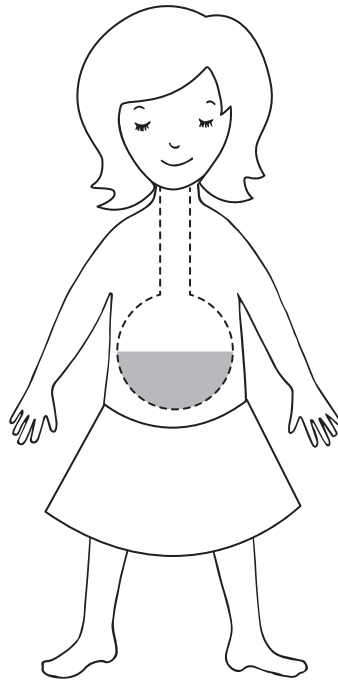
How does your tummy feel?

My tummy
is empty.



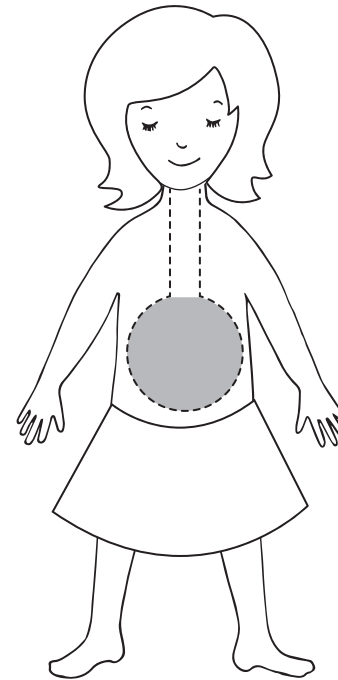
I'm hungry.

My tummy
is half full.



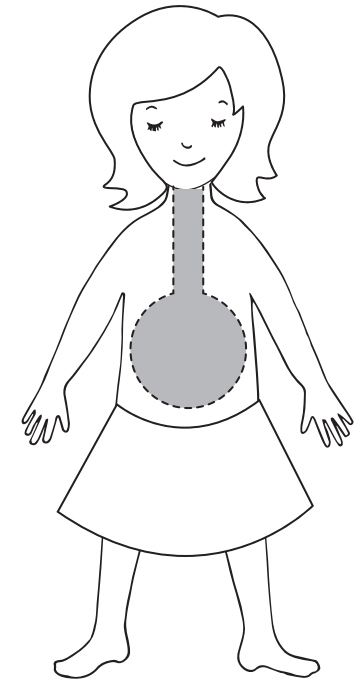
I'm half full.

My tummy
is full.



I'm full.

My tummy is
too full.



I'm too full.