

Chocolate



- The Aztecs used cocoa beans as money, and whisked the beans with chilli to make a hot, spicy drink. The name of the cocoa tree (*Theobroma Cacao*) means ‘Food of the Gods.’ The UK is one of the world’s largest chocolate consumers, with the average Brit eating 7 560 chocolate bars in a lifetime!
- You could use chocolate to help practise mindfulness. First of all, breathe in the aroma. Break off a piece and look at it closely. Close your eyes and let it melt slowly on your tongue. Notice the different sensations and be aware of your breathing. Pay attention to how your body responds as you swallow the melted chocolate.
- Perhaps over the busyness of the Easter holiday, you could take a chocolatey moment to slow down and check in with yourself. How’s everything going?!

‘All you need is love. But a little chocolate now and then doesn’t hurt!’

Charles M Schulz

