

CHOCOLATE

PREPARATION

Small chocolate bars or a large bar broken up so that everyone has a piece

PROCESS

1. When each student has a piece of chocolate, instruct them to dissolve it silently in their mouth.
2. In journals write about the sensation of dissolving chocolate: What does it feel like on your tongue? Can you smell it as well? What does chocolate make you think of?
3. In journals write about the other senses: What other senses do you have? How do they enable you to function effectively as a human person? What gifts do they bring to your life?
4. Reflect on how senses show the work of God's creation in the human person.
5. In their journals write prayers thanking God for the gift of the senses: This could be specifically linked to the Year 6 unit *Living like Jesus*, the Year 7 unit *Created individually by God*, the Year 8 unit *Creation, God's original plan* or the Year 9 unit on *Christian Love and Sexuality*.

