

Mindfulness in Early Childhood Education

"Mindfulness means paying attention in a particular way:
on purpose, in the present moment, and non-judgmentally."

-Jon Kabat-Zinn, Founder of Mindfulness Based Stress Reduction

Importance of Mindfulness in ECE

Mindfulness has a powerful role in supporting both emotional and cognitive development in young children.



Benefits for Young Children



- **Social & Emotional Development:** Improves empathy, cooperation & conflict resolution
- **Emotional Regulation:** Helps children manage stress, reduce impulsivity & express emotions
- **Cognitive Focus & Learning:** Enhances attention span & executive function
- **Physical & Mental Well-being:** Reduces anxiety & promotes relaxation

Mindfulness Activities

Physical-Focused:

- Silent Walks
- Yoga & Stretching
- Deep Breathing

Mind-Focused:

- Doodling
- 1 Word Reflection
- Journaling (Drawing)

Quiet Mindfulness:

- Calming Music
- Silent Contemplation
- Meditation

Long-Term Impact



- Builds resilience and coping strategies
- Supports academic performance and emotional intelligence
- Helps children develop lifelong habits for well-being

Advocation

Use Play-Based Approaches:

Integrate mindfulness into storytelling, music, sensory play and movement games



Wondering

"How can mindfulness be adapted for children with special needs?"



Quotes



Educator

Mindfulness strategies promote confidence in problem solving and navigating stresses. This builds on resilience in children.



Child

It gives us a chance to have a quiet space, do things differently, to be nicer to our friends.

Resources

Books:

- **Alphabreaths: The ABCs of Mindful Breathing** by Christopher Willard & Daniel Rechtschaffen
- **Breathe with Me** by Mariam Gates



Video:

- **Alphabreaths: The ABCs of Mindful Breathing**
<https://youtu.be/Dnvn6t51TyQ?si=-2jV4YHvj54B4F9W>

Music:

- **Relaxing Music For Children - Be Calm and Focused** by KIDZEN
https://youtu.be/XgxRHa26JLo?si=saIf_Ty2n3p_gCal



Yoga Posters:

- **Bits of Positivity**
<https://bitsofpositivity.com/the-ultimate-list-of-free-yoga-pose-printables-for-kids-mindfulness-resources/>



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