

Learning together...

Curriculum Area: Spirituality

Recommended for: From 6 Months

Learning Activity: Mindfulness

Big Idea:

Meditation

What to do:

Consider ways to create a calming environment. Try lowering the lights, and playing some peaceful music. Some examples of meditative music include:

[\(1\) Relaxing water flowing with birds sounds - Calm and relaxing piano tunes for relaxation and sleep. - YouTube](#)

[\(1\) Wiyathul - YouTube](#)

Benefits:

Creating peaceful moments of reflection and relaxation through music encourages children to be present in the moment. When present, children will often become calmer, and become more able to recognise and regulate their emotions. It is in moments of stillness that we become closer to God.

Links to Early Years Learning Framework:

Outcome 1.1: Children feel safe, secure and supported

Outcome 1.2: Children develop their emerging autonomy, inter-dependence, resilience and sense of agency

Outcome 3.1: Children become strong in their social and emotional wellbeing

Outcome 4.4: Children resource their own learning through connecting with people, place, technologies and natural and processed materials.

Outcome 5.1: Children interact verbally and non-verbally with others for a range of purposes