

*Learning together...*

**Curriculum Area:** Spirituality

**Recommended for:** 2 years plus

**Learning Activity:** Mindfulness

## Big Idea:

Breathing Exercise

### What to do:

1. Ask child to lay on the ground on their back
2. Place their favourite soft toy on their belly
3. Encourage them to watch the movement of their toy as they breath in for 3 seconds, and out for 3 seconds



Accessed: Wellbeing activities booklet

### Benefits:

Mindfulness encourages children to be present in the moment and is a beneficial way to connect as a family. When present, children will often become calmer, and become more able to recognise and regulate their emotions.

### 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