

# Healthy minds and Mindfulness



## Peaceful time, time to be quiet and just be.

A dedicated time each day to just be calm and reset our brains.

- The children come together to listen to relaxing music
- They learn to be still and calm
- They learn that they do need to rest sometimes
- They develop an ability to calm themselves
- They develop the ability to focus and have self control
- They have no visual stimulation for a short period of time
- They can snooze if they want to or need to, they can have a cuddle if they want one
- They are comfortable
- They are learning that sometimes we just all need a bit of time out to relax, unwind, process our morning and to get ourselves ready for the rest of the day.

Rest and reflection is key to mental wellbeing. It can help to reduce stress and anxiety and helps develop self awareness and self control.

Children have an abundance of stimulation in their little lives. Preschool is a super busy place. We all need to take a little time to be peaceful each day.



