Little Minds Infographics

A Case Study – Meet Hugo

Background information –

- Attending pre-school in an urban area
- Engaged in mindful activities with keyworker for ten weeks
- Boy three years and four months old

Before Little Minds

- 'Behaviour can be tricky. Regularly dysregulated.'(Keyworker)
- 'Hugo can sometimes attempt to dominate the large group times. If he has had his turn he might become distracted afterwards.'(Keyworker)
- 'Happily completed the initial tasks with me – didn't appear to lack confidence despite being one of the youngest. Key worker reported that he needed a lotof adult support to regulate emotions – quickly accelerated into a state of dysregulation.' (Classroom researcher)
- 'I like cars and motorbikes and ro-robots.' (Hugo's response to language task)
- Language task score – 27

After Little Minds

- 'Hugo showed me how he can count to 10 to cooldown + unprompted he demonstrated deep breathing + 'candle breath' that he has been practicing with another practitioner (I did not know this). I think this shows that Hugo has an awareness of strategies he could use for his own regulation. ' (Keyworker)
- Executive function improved by 5%
- Emotion knowledge improved by 80%
- 'Errmm, all of my toys in my bed. So I have a whale in my bed. And I have a, a gorilla in my bed. And I have a stor-, an, I told people about my story. And I got Pudsy and everything I have, and my baby in my bed.' (Hugo's response to language task)
- Language task score – 71