

# Little Minds Mindful Environment Tool

(Sample section only)



The **Mindful Environment Tool** is designed as a professional support resource for early childhood teachers and leaders, helping you reflect on your practice and environment through a mindful lens. This tool encourages an ongoing process of evaluation, reflection, and action planning to create spaces that nurture both children's and educators' wellbeing.

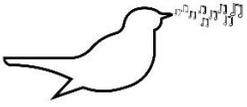
This tool is not a checklist but a framework to deepen your awareness of how the wider environment and systems in your setting supports mindfulness, wellbeing, and positive interactions. By embedding mindfulness into your everyday practice, you can cultivate a classroom or setting where everyone feels supported and valued. You are invited to consider all spaces in which you work with children; indoors, outdoors and when away from your setting.

It includes a guided review of 14 aspects of the early years environment offering

- examples of resources and opportunities you might have in place or consider introducing
- recommendations for teaching practice or strategies you might employ
- practitioner reflective prompts
- a simple RAG rating system
- a guided planning template for focussing on a change you would like to make.

Below is a sample of the resource, which is available in full, when you attend the Little Minds face to face training.

Ok, to consider, a priority

Aspect of the environment	Elements, resources, opportunities	Recommendations for teaching practice or strategies	Practitioner/Leader reflective prompts	RAG (notes)
Natural Sounds 	Sounds of birds Water Rain Wind Incorporate soundscapes/resources with gentle nature sounds, Consider windows that open to outside sounds	Consider the practice location (are staff and children sheltered from harsh versions of these) Guide children in listening practices, such as identifying outdoor sounds, or using a rain stick to signal calm moments	What natural sounds are accessible in the classroom environment? How frequently do I incorporate mindful listening exercises with natural sounds?	
Posture/positional support 	Cushion Soft Mats Child sized Chair Bench Spaces for varied postures like lying, sitting, or kneeling	Consider options available to support children's comfort Guide children on posture during mindfulness activities, offering options and modelling relaxed, comfortable positions	How often do staff talk aloud about adopting a comfortable posture? Are children aware of how to make themselves comfortable? Are children supported with flexible seating that encourages comfortable posture? How often do I observe and adjust seating or posture support to meet each child's needs?	
Views in or the room/space 	View of greenery Unblocked views Natural water feature Sun/moon passage Seasonal changes in vegetation Views of outdoor areas or natural elements Use mirrors for varied visual perspectives	Consider the positioning of furniture, displays/posters Use of blinds/curtains Use of imagery  Encourage children to pause and observe, using prompts to notice outdoor changes or natural patterns	Are images of nature and natural environments a feature in the setting/classroom? Does the room layout provide children with opportunities to view natural elements? How regularly do I guide and encourage children to notice details in their surroundings?	