

What the children said

Evidence of children's language development on the Little Minds project

Significant improvements found in children's speech, language and communication skills after experiencing the Little Minds approach

What did we do?

- Focus children were recorded talking about something meaningful to them, before and after engaging with the mindful approach in their school/setting over 10 weeks
- An open-ended prompt was given by the child's key worker/class teacher; 'Tell me about your...'
- A personal narrative spoken language task was used to collect information on children's language
- We examined word count, sentence clauses and unique information given by the child

This is what the children said

- **Hugo**
- **Before** - 'I just like robots and cars. And little motorbikes. And little bit of transforming cars.' Score: 27
- **After** - '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.' Score: 71
- Improved by 162%
- **Hattie**
- **Before** - '(Brother's name) is a boy.' Score: 6
- **After** - 'cause he's a big boy and he's (unclear) and he likes to go to sleep.' Score: 25
- Improved by 316%
- **Asif**
- **Before** - 'Erm, I play lego.' Score: 7
- **After** - 'I want to play, erm, lego with my friends. And I like my friend play with me. Erm, I'll [unclear], play myself. '
- Score: 32
- Improved by 357%
- **Aaron**
- **Before** - 'Like playing cars [friends name].' Score: 9
- **After** - 'Erm, cause... that that's the way I like to play.' Score: 17
- Improved by 89%

- **Erol**
- **Before** - “Ummmm, [Sibling] is a little baby and and he’s a... and he loves me annnd heeeee does poos and stuff but I love him.’ Score: 39
- **After** - ‘OK. [Sibling] has [medical condition] so he needs help so. My mummy and daddy and me help him, but sometimes it makes me hard to play with someone, but. But. I know that, I know, but I know my mummy is always there.’ Score: 70
- Improved by 79%

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