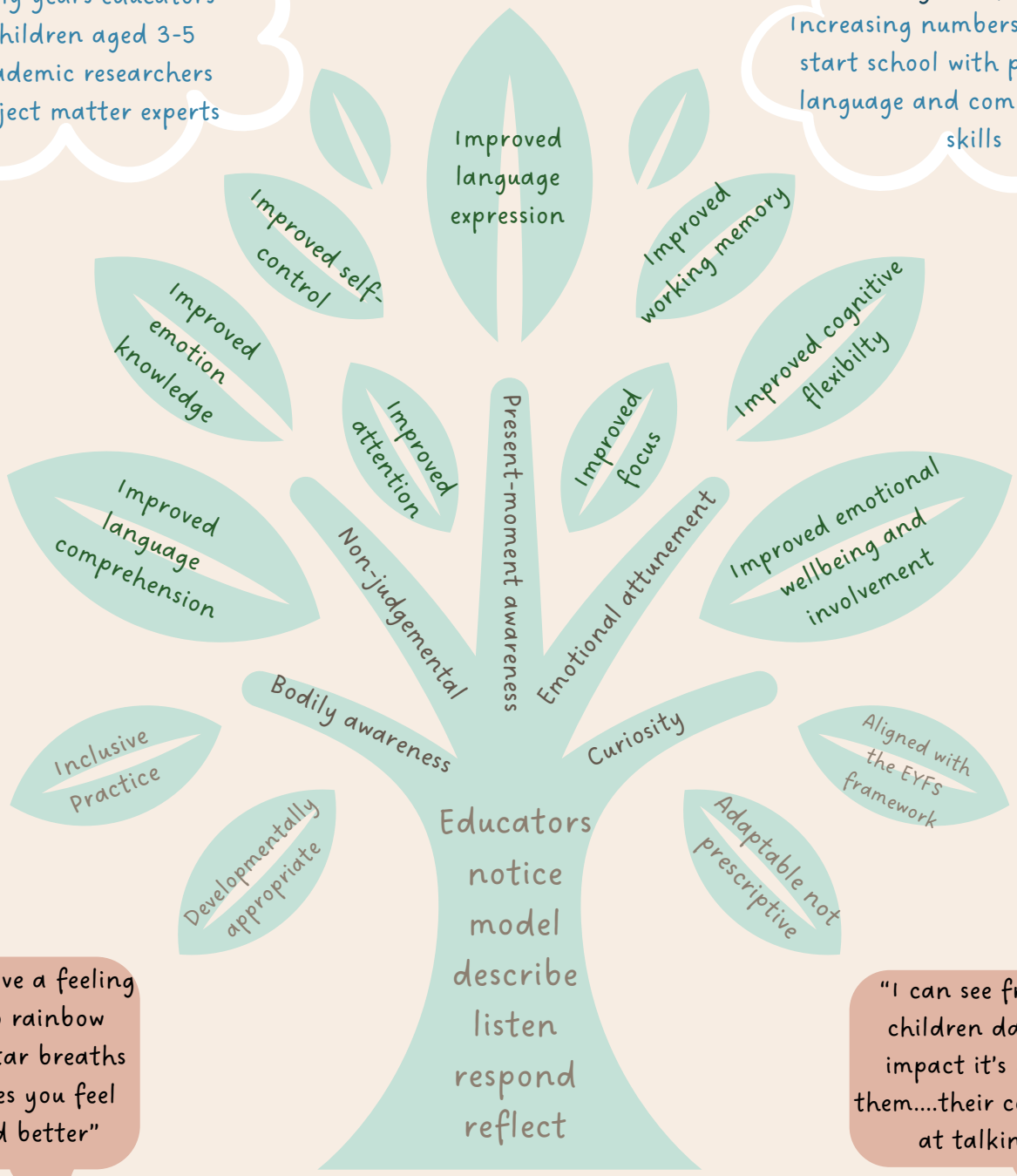
Little Minds

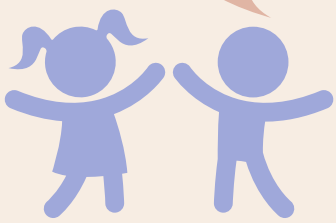
Supporting early years educators to improve children's speech and language communication skills through a mindfulness based approach

Who was involved?
Early years educators
Children aged 3-5
Academic researchers
Subject matter experts

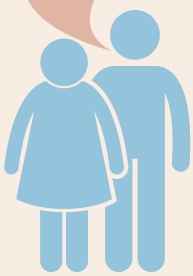
Why this focus?
Increasing numbers of children start school with poor speech, language and communication skills



"when you have a feeling you just do rainbow breaths or star breaths and it makes you feel braver and better"



"I can see from the children daily the impact it's had on them....their confidence at talking..."



Find out more

Or search for
Little Minds
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Staff training - Companion handbook - Practical resource posters - Language prompts - Activity guidance examples - Mindful environment tool - Reflective practice and wellbeing tool