

Find out what the Practitioners said...

Supporting the wellbeing of children and adults in early years settings through a mindfulness based approach.

For context

- Practitioners were recruited from local early years settings
- Practitioners engaged in a Little Minds training day before piloting the programme for ten weeks
- Practitioners were asked to keep reflective notes each week
- Researchers interviewed the practitioners at the end of the ten week pilot for their reflections.

Here's a sample of comments they made.

Rachel said;

- 'Its having a massive impact.'
- 'it doesn't take a huge amount of time, but it just resets the class when they've maybe had fallings out or whatever, when they're out on the playground at lunchtime. It sets them all up in a nice way for the afternoon, so... it's something easy to include in your in your daily life and. Yeah, I think it's brilliant. And I will certainly continue with it...'

Sally commented:

- 'It's great because you know, although this project is is focused around the children and what what can kind of work for them, there are so many other ways in which they can benefit other people, and if it can support well-being and your relationships in the workplace and that's, you know, fantastic as well.'

Kit noted:

- 'I think sometimes it's been really helpful for me.' 'I'm doing my job better because I can help the children check in a bit more.'
- 'I think we've seen massive changes'...'The way she [focus child] can regulate a bit more with one of us, like the breathing, has really had a positive impact on her outbursts'

Jaime reflected:

- 'It's been making me feel more focused, in the moment.'
- 'I've been like trying to focus more in the moment because obviously as we know life gets in the way with stresses and like, thinking about what's going on around us. So I've been like trying to before I focus on an activity, I'll like take a big deep breath ...and then I'll be more in the moment. And I feel like I'll listen to the children more, like I'll give them more time. So that's something that I feel will be carrying on.'

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