

Mindful sentence starters and prompts (SAMPLE)



LITTLE MINDS

The LITTLE MINDS sentence starters and prompts cover a range of scenarios and support practitioners in the moment to offer a mindful interaction. Small laminated cards that can be attached to a lanyard or carried in a pocket are easy to keep at hand, wherever you may be working.

Areas covered by these cards include

- Emotional awareness and bodily connection
- Encouraging focus and presence
- Co-regulating with a child
- Encouraging problem solving and reflection
- Encouraging new language
- Commenting over questioning



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

Co-regulating with a child

You seem upset. It can help to
take a quiet moment together...

I'm here with you. Let's figure
this out together...