

Improving children's speech, language and communication skills through a mindfulness based approach

Attending reception class in an urban area



Engaged in embedded mindful activities with staff for ten weeks



Four and a half year old boy



English is an additional language



Meet Lukas

Before Little Minds

'He [Lukas] would only talk to his friends, he wouldn't talk to adults. He's incredibly shy and we weren't even sure whether it was a barrier with language or whether it was just his shyness.' (Class teacher)

'Quiet and avoided me at early visits. Played alongside peers, quite blank in facial expression - hard to identify emotion..' (Classroom researcher)

'[Lukas responds with] one-word answers or just looking at you blankly.' (Class teacher)

'Play the football.'
(Lukas' response to language task)

Language task score - 6

After Little Minds

'Lukas spent over 20 minutes outside talking animatedly with his peers and me while observing a worker on a telegraph pole. This is amazing progress.' (Class teacher)

Emotion knowledge improved by 100%

Executive function improved by 33%

'Later in the visits he proactively joined me in a drawing activity and talked (phrases) as we collaboratively created a piece of art.. By final visit visibly more confident around me and talked as we completed the tasks.'
(Classroom researcher)

'Just WOW! His language is really improving and his understanding of emotions. His response to Colour Monster blew us all away, the whole class clapped him.'
(Class teacher)

'I like to play car town with the car.'
(Lukas' response to language task)

Language task score - 16

Find out more



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Little Minds
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