



# Think2Be Healthy Minds

Video 4: Cultivating  
Mindfulness in Child-Led Play  
Environments



The background is a dense, isometric arrangement of 3D rectangular blocks in various colors including brown, tan, grey, and dark blue. A large, solid white circle is positioned on the right side of the image. In the upper left corner, there are several short, curved purple lines. A small, solid blue circle is located at the bottom right edge of the large white circle.

# STORYBOARD

Ver 1.0

## Version Control Table

Ver.	Date	Note
1	14 <sup>th</sup> March '24	The first draft created by AimsDigital



Welcome to the training

## **Cultivating Mindfulness in Child-Led Play Environments**

[Continue](#)

## Opening Animation

The slide is not part of the online module.

## Scene 1

A five-year-old girl looking curious in a vibrant garden  
[a piece of gentle music playing in the background]

Narrator (male voice)

Welcome to the Garden of Mindfulness, where young  
minds embark on a journey of discovery.

## Scene 2

The child is standing under a tree. The words written on the colourful leaves are Happy, Sad, Excited, Calm and Joy.

Narrator (female voice)

Emotions bloom in the garden. They leave deep impressions on the child.

### Scene 3

Closeup of the child with her palm facing up; leaves falling on the palm one by one.

Narrator

*No narration. Background music.*



## Scene 4

A long shot of the child with her hands up in joy.

Narrator (male voice)

Children carry the seeds of mindfulness and creativity within, ready to blossom into emotionally intelligent and creatively vibrant individuals.

## Scene 5

The child is walking toward the camera with a shadow (half-visible) human figure (male or female) leading her with a hand.

Narrator (female voice)

Nurture mindfulness. Cultivate creativity. Help the child embrace the journey.

## Scene 6

Contd. from the previous. Fade away slowly.

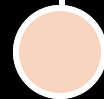
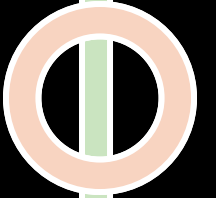
Narrator

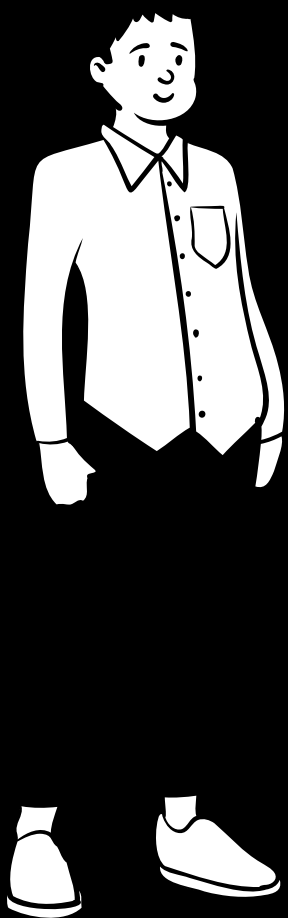
*No narration. Fade away the background music.*



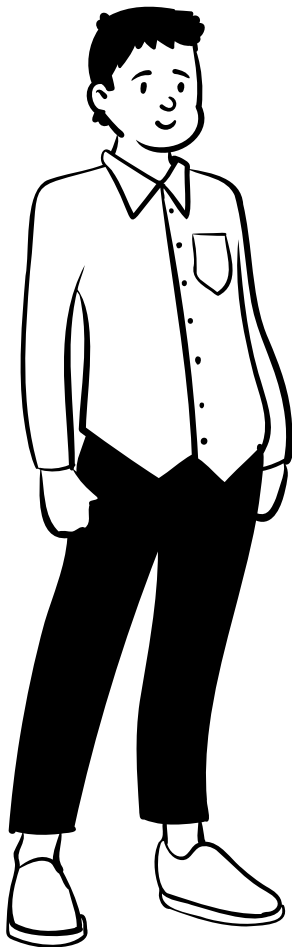
Continue

# Topic Introduction

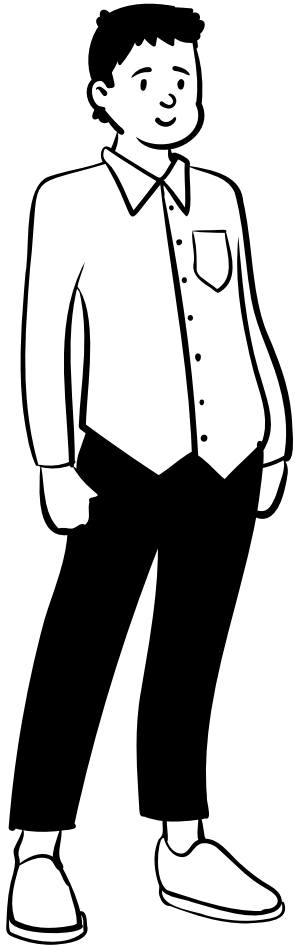




In this topic, you will understand the importance of cultivating mindfulness in early childhood education through creating mindful learning environments and activities for children aged zero to five.



Fostering Mindfulness in Early Childhood	Designing Mindful Learning Environments
Benefits of Mindful Environments	Inspiring Action in Educators



Emotional regulation



Cognitive development



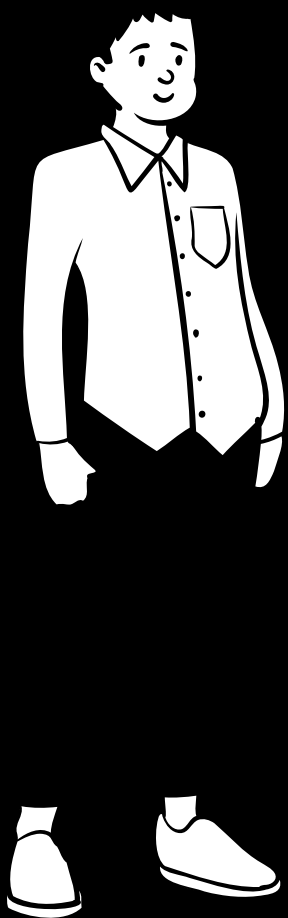
Teachable moments





Create dynamic, child-led play environments that foster exploration and mindfulness.





Integrate these practices to  
nurture emotionally  
intelligent and cognitively  
sharp individuals.

Take some time to learn about the learning outcomes from this topic.

*Click each tab to continue learning.*

Fostering Mindfulness  
in Early Childhood

Designing Mindful  
Learning Environments

Benefits of Mindful  
Environments

Inspiring Action in  
Educators

Learn how to create safe, valued, and connected spaces for children, enhancing learning and emotional well-being in line with educational frameworks.



Take some time to learn about the learning outcomes from this topic.

*Click each tab to continue learning.*

Fostering Mindfulness  
in Early Childhood

Designing Mindful  
Learning Environments

Benefits of Mindful  
Environments

Inspiring Action in  
Educators

Understand how to design spaces and activities for children aged 0-5, focusing on sensory exploration, emotional corners, nature-based play, mindful movement, and creative expression.



Take some time to learn about the learning outcomes from this topic.

*Click each tab to continue learning.*

Fostering Mindfulness  
in Early Childhood

Designing Mindful  
Learning Environments

Benefits of Mindful  
Environments

Inspiring Action in  
Educators

Recognise the far-reaching benefits of such environments, including improved emotional regulation, cognitive development, and the discovery of teachable moments through mindful play.



Take some time to learn about the learning outcomes from this topic.

*Click each tab to continue learning.*

Fostering Mindfulness  
in Early Childhood

Designing Mindful  
Learning Environments

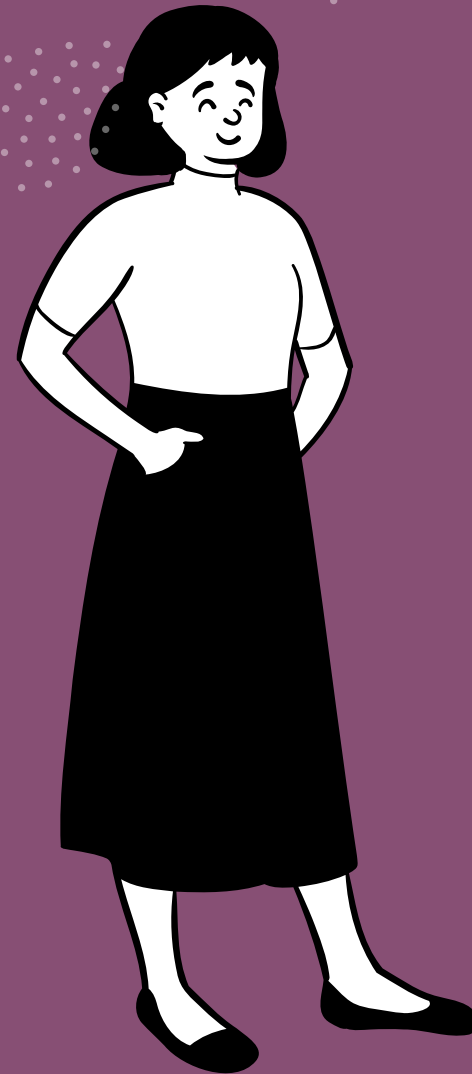
Benefits of Mindful  
Environments

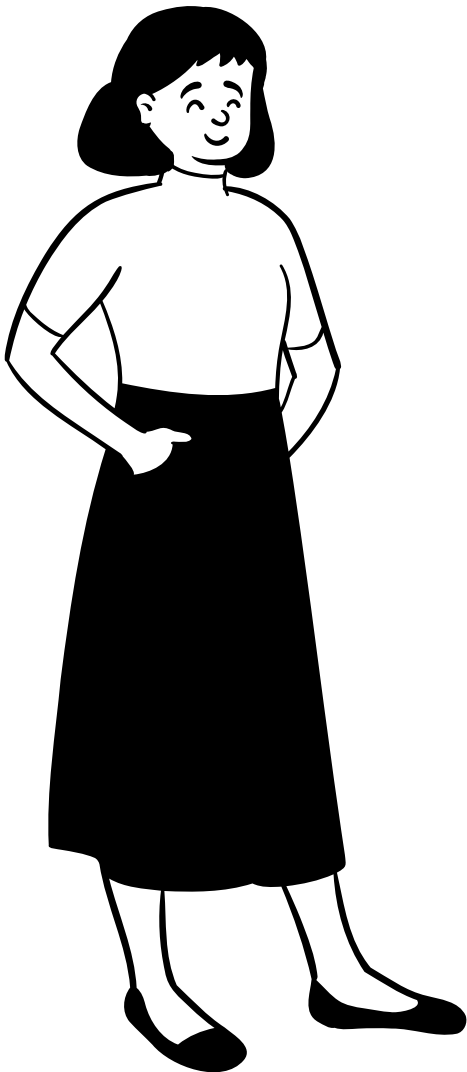
Inspiring Action in  
Educators

Learn strategies to observe, adapt, and innovate in creating dynamic, child-led play environments that encourage exploration and mindfulness and cater to the changing needs of children.



# Fostering Mindfulness in Early Childhood





Let’s now learn about fostering mindfulness in early childhood.

*Use the choices of words to fill in the gaps in the sentences in the paragraph below. Drop the words to their corresponding places.*

- emotional
- practice
- emotional
- connected
- nurturing

Mindfulness in early childhood education is not just a .

It is a  approach that enhances learning and

well-being. In line with the Early Years Learning Framework and the Queensland Kindergarten Learning Guidelines, fostering mindfulness involves creating a  where children feel safe, valued, and

to their surroundings.

Submit

Let’s now learn about the Early Years Learning Framework and the Queensland Kindergarten Learning Guidelines.

*Click each tab to continue learning.*

Early Years Learning Framework

Queensland Kindergarten Learning Guidelines

The Early Years Learning Framework (EYLF) is an Australian national framework that guides educators in providing high-quality early childhood education. It emphasises holistic development, focusing on children's learning and wellbeing from birth to age five. EYLF recognises the significance of children's play, relationships, and cultural context in their learning journey. It outlines principles, practices, and outcomes to support educators in creating engaging and inclusive learning environments that foster children's curiosity, creativity, and critical thinking skills.





Let’s now learn about the Early Years Learning Framework and the Queensland Kindergarten Learning Guidelines.

*Click each tab to continue learning.*

Early Years Learning Framework

Queensland Kindergarten Learning Guidelines

The Queensland Kindergarten Learning Guidelines (QKLG) serve as a framework for early childhood educators in Queensland, Australia. Tailored for children aged 3.5 to 5 years, it outlines key areas of learning and development to support kindergarten programs. QKLG emphasises play-based learning, social and emotional development, and building strong foundations in literacy, numeracy, and science. It guides curriculum planning, assessment, and partnerships with families and communities, ensuring that children receive quality education and preparation for their transition to school.

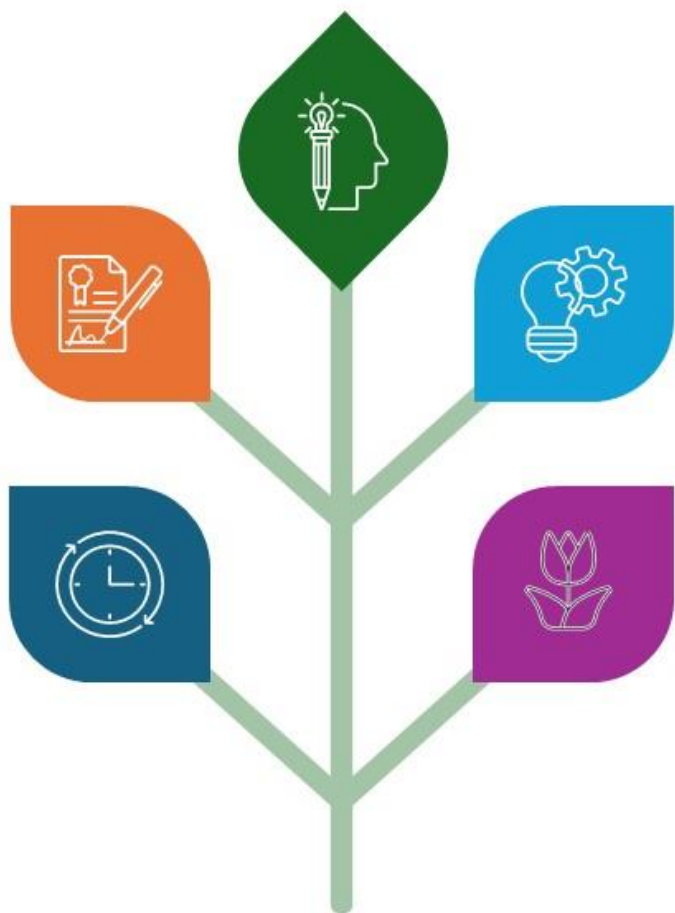




# Designing Mindful Learning Environments

# Designing Mindful Learning Environments

Five Practical Ways



## Sensory Exploration Areas

A crucial part of early development

## Enhanced Emotion Corners

For children to explore and understand their feelings

## Nature-Based Play

Fostering a connection with nature and a sense of calm

## Mindful Movement Zones

Helping young children develop body awareness and self-regulation skills

## Creative Expression Stations

Promoting mindfulness through creativity and self-expression

# Designing Mindful Learning Environments

Five Practical Ways



## Sensory Exploration Areas

A crucial part of early development

## Enhanced Emotion Corners

For children to explore and understand their feelings

## Nature-Based Play

Fostering a connection with nature and a sense of calm

## Mindful Movement Zones

Helping young children develop body awareness and self-regulation skills

## Creative Expression Stations

Promoting mindfulness through creativity and self-expression



# Sensory Exploration Areas

## Setting Up Sensory Stations

Diverse textures like soft fabrics and gentle musical toys encourage safe, tactile play experiences.

## Encouraging Mindful Exploration

Guide babies and toddlers to immerse in one sensory experience, allowing exploration at their own pace.



## Guiding Sensory Explorations

Engage infants and toddlers in tactile and auditory activities.

## Creating a Safe and Stimulating Environment

Balance calmness and stimulation, free from hazards, for mindful exploration.

Set up various stations, each focusing on different sensory experiences.

*Click the hotspots on the image one by one to continue learning.*



Set up various stations, each focusing on different sensory experiences.

*Click the hotspots on the image one by one to continue learning.*



Use materials with diverse textures, such as soft fabrics, fluffy rugs, and smooth silk, for tactile exploration.



Set up various stations, each focusing on different sensory experiences.

*Click the hotspots on the image one by one to continue learning.*

Include large foam blocks for safe, tactile play.





Set up various stations, each focusing on different sensory experiences.

*Click the hotspots on the image one by one to continue learning.*



For auditory stimulation,  
choose musical toys that  
produce gentle, soothing  
sounds.



Is the toy soft or hard?

☐

Soft

☐

Hard



Soft Toy



Do soft toys make a kid happy or sad?



Happy



Sad



Soft Toy



Do soft toys make a kid happy or sad?



Happy



Sad



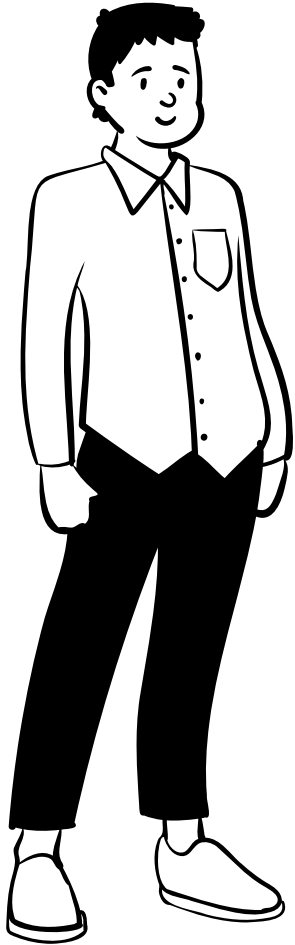
A soft toy generally makes kids feel secure and happy.  
However, there are various aspects of sensory exploration.

**Continue**



A soft toy generally makes kids feel secure and happy.  
However, there are various aspects of sensory exploration.

**Continue**



Guide infants and toddlers as they explore sensory stations. For example, encourage them to touch different fabrics and describe their feelings. Use simple words like 'soft' or 'smooth.'

In the auditory area, show them how to gently use the musical toys and listen to the sounds they make. This helps them understand the cause-and-effect relationship.



Let them focus on  
one sensory  
experience at a time

Observe their facial  
expressions and  
reactions.



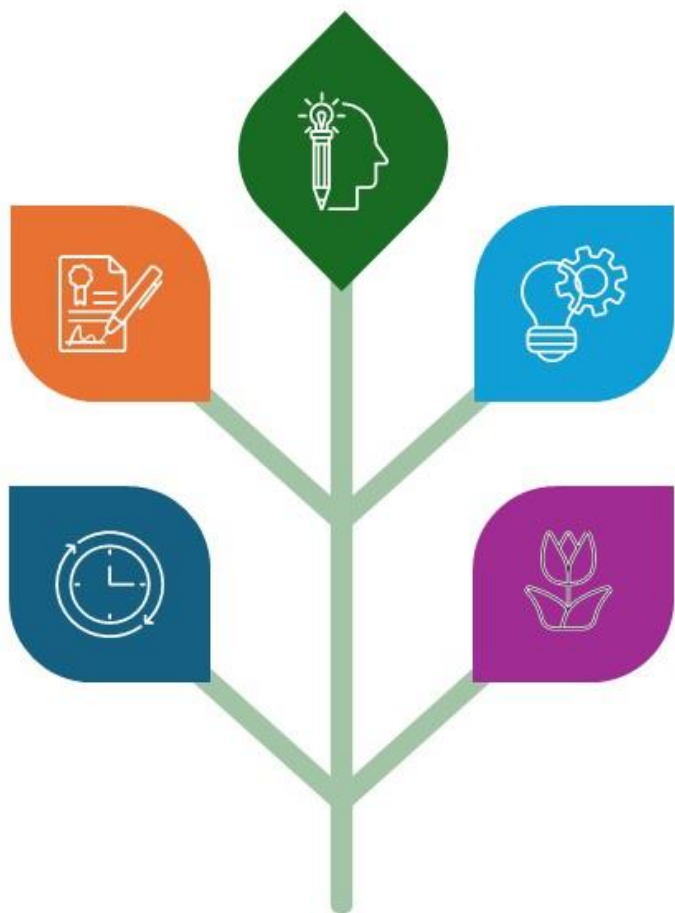




Safety is paramount. Ensure the sensory areas are free from sharp edges, small choking hazards, or overly stimulating elements. The environment should be calming yet stimulating, allowing for **exploration without overwhelming the senses.**

# Designing Mindful Learning Environments

Five Practical Ways



## Sensory Exploration Areas

A crucial part of early development

## Enhanced Emotion Corners

For children to explore and understand their feelings

## Nature-Based Play

Fostering a connection with nature and a sense of calm

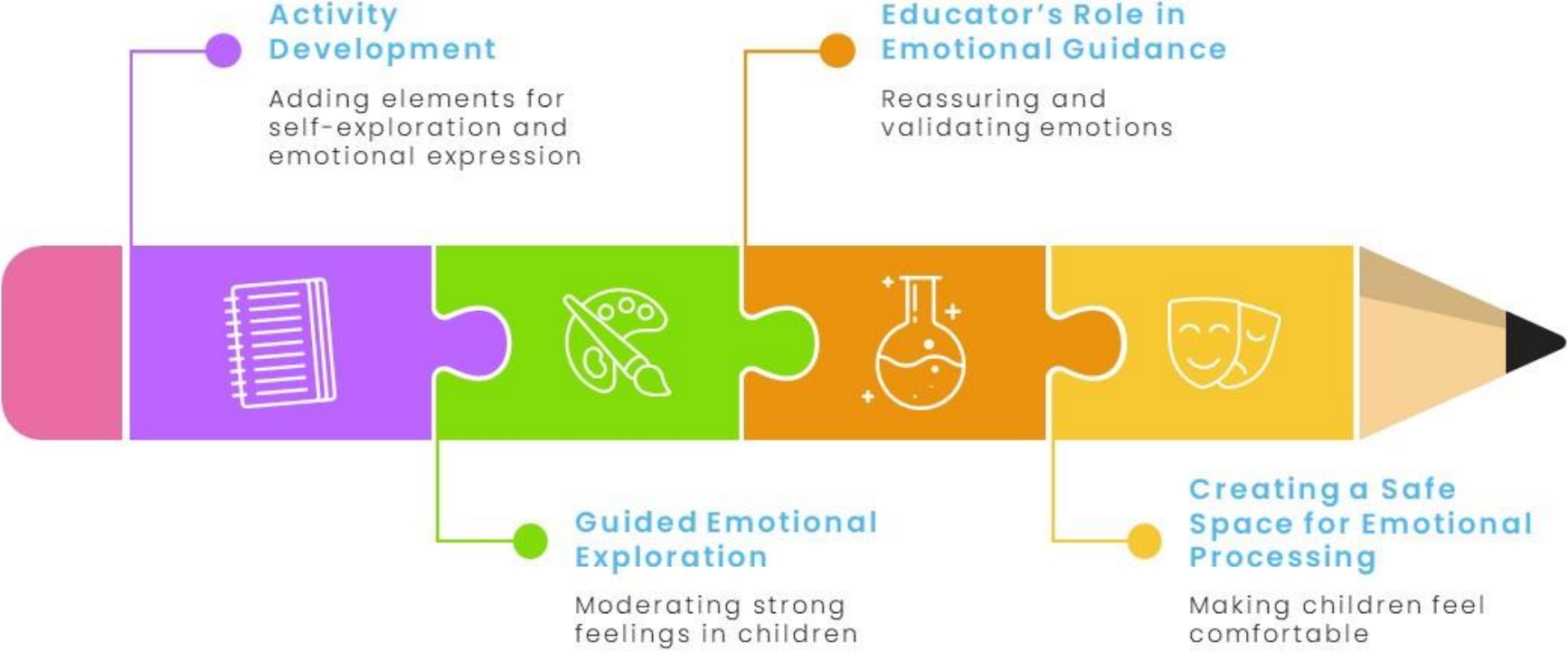
## Mindful Movement Zones

Helping young children develop body awareness and self-regulation skills

## Creative Expression Stations

Promoting mindfulness through creativity and self-expression

# Enhanced Emotion Corners



You will learn about enhanced “Emotion Corners” elements.

*Click each tab to continue learning.*

Activity Development

Guided Emotional  
Exploration

Educator’s Role in  
Emotional Guidance

Creating a Safe Space  
for Emotion Processing

In addition to comfortable cushions and emotion cards, consider adding elements that encourage self-exploration and emotional expression. This could include a 'Feelings Wheel' or a 'Mood Meter' where children can pinpoint their current emotional state. Include simple storybooks that depict a range of emotions and situations children might relate to.





You will learn about enhanced “Emotion Corners” elements.

*Click each tab to continue learning.*

Activity Development

Encourage children to visit the Emotion Corner when they experience intense feelings they do not understand.

Guided Emotional Exploration

Teach them to identify their emotions using the cards or the wheel, then sit with them to discuss why they might feel that way.

Educator’s Role in Emotional Guidance

Use the storybooks to draw parallels with characters experiencing similar emotions, helping them to understand and relate.

Creating a Safe Space for Emotion Processing



You will learn about enhanced “Emotion Corners” elements.

*Click each tab to continue learning.*

Activity Development

Guided Emotional  
Exploration

Educator’s Role in  
Emotional Guidance

Creating a Safe Space  
for Emotion Processing

As educators, your role in the Emotion Corner is to guide the children through their feelings gently. Offer reassurance and understanding, validating their emotions. Encourage them to express themselves through words, drawings, or play.

This proactive approach helps them learn to recognise and manage their emotions independently.



You will learn about enhanced “Emotion Corners” elements.

*Click each tab to continue learning.*

Activity Development

Guided Emotional  
Exploration

Educator’s Role in  
Emotional Guidance

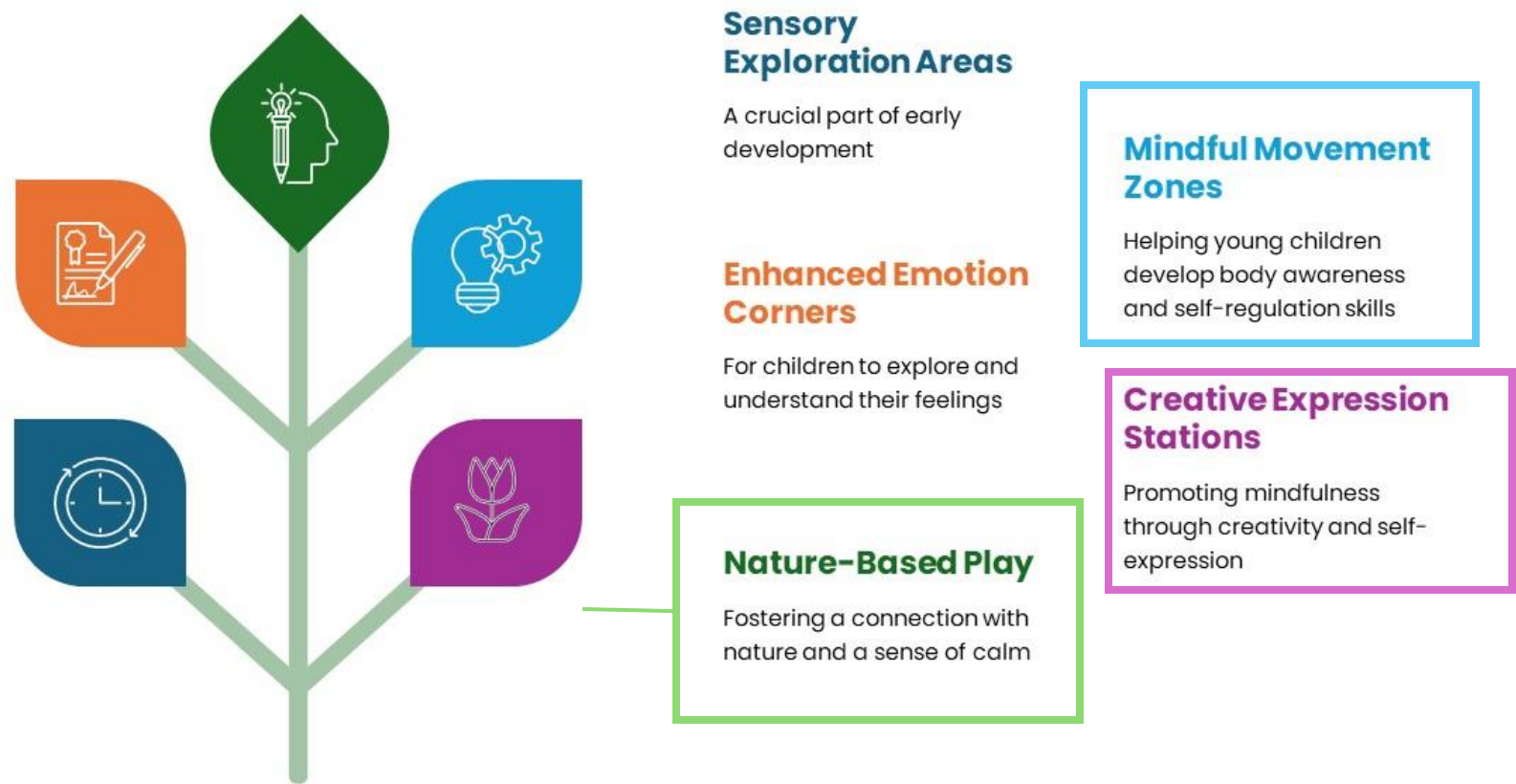
Creating a Safe Space  
for Emotion Processing

Make the Emotion Corner a safe and inviting place where children feel comfortable expressing even the most intense emotions. Decorate it with calming colours and ensure it is judgment-free, where every emotion is respected and valued.



# Designing Mindful Learning Environments

Five Practical Ways



*Click each hotspot on the image to continue learning.*



# Designing Mindful Learning Environments

Five Practical Ways

Nature-based Play (ages 4-5)

Close

**Activity:** Introduce nature-based elements like a small sandbox, water play area, and indoor plants. Children can interact with natural materials, fostering a connection with nature and a sense of calmness.

## Sensory Exploration Areas

A crucial part of early development

## Enhanced Emotion Corners

For children to explore and understand their feelings

Nature-Based Play

Fostering a connection with nature and a sense of calm

Mindful Movement Zones

Helping young children develop body awareness and self-regulation skills

Creative Expression Stations

Promoting mindfulness through creativity and self-expression

Click each hotspot on the image to continue learning.

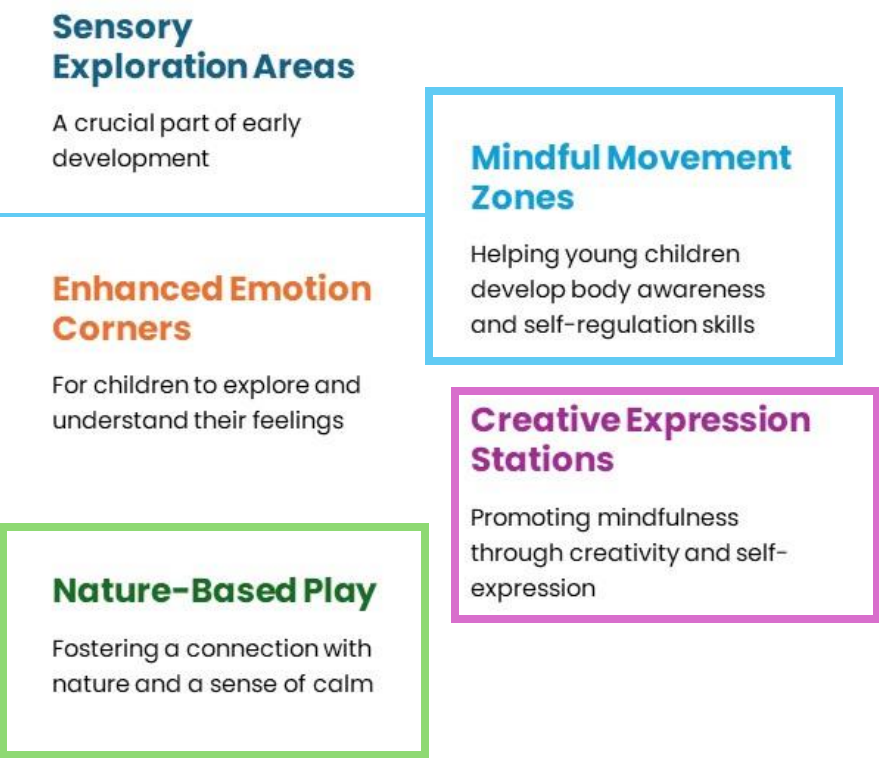
# Designing Mindful Learning Environments

Five Practical Ways

Mindful Movement Zones (ages 2-3)

Close

Establish areas for mindful movements, such as simple yoga mats with picture cards showing child-friendly yoga poses or space for guided dance. These activities help young children develop body awareness and self-regulation skills.



Click each hotspot on the image to continue learning.

# Designing Mindful Learning Environments

Five Practical Ways

Creative Expression Stations (ages 3-5)Close

**Activity:** Set up art stations with painting, drawing, and crafting materials. Encourage children to express their thoughts and feelings through art, promoting mindfulness through creativity and self-expression.

## Sensory Exploration Areas

A crucial part of early development

## Enhanced Emotion Corners

For children to explore and understand their feelings

## Mindful Movement Zones

Helping young children develop body awareness and self-regulation skills

## Creative Expression Stations

Promoting mindfulness through creativity and self-expression

## Nature-Based Play

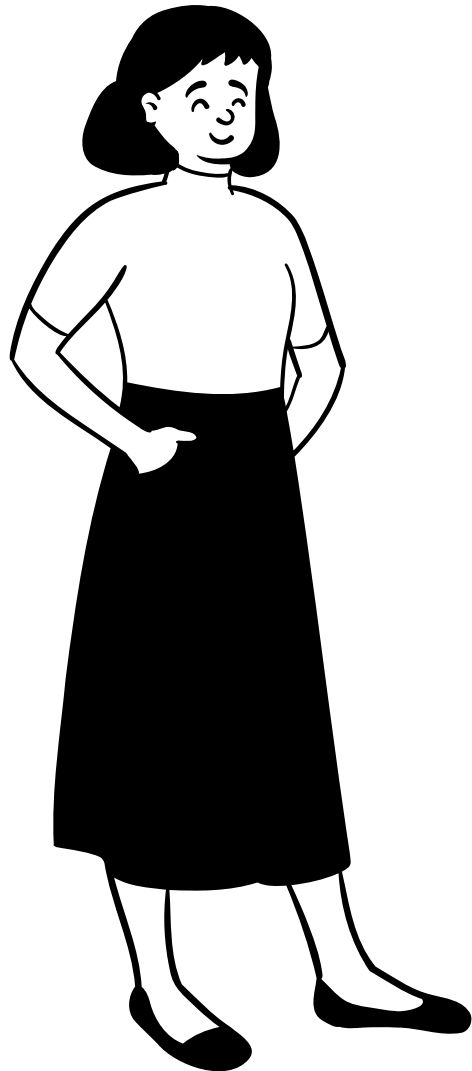
Fostering a connection with nature and a sense of calm

Click each hotspot on the image to continue learning.





# Benefits of Mindful Environments



*Select the best option that corresponds to **managing emotions**.*

- ☒ Emotional Regulation
- ☐ Cognitive Development
- ☐ Discovery of Teachable Moments



That's correct.

Emotional regulation is one of the benefits of mindful environments.

Mindful environments help children recognise and manage their emotions better, which is crucial for their long-term mental health.



**Continue**



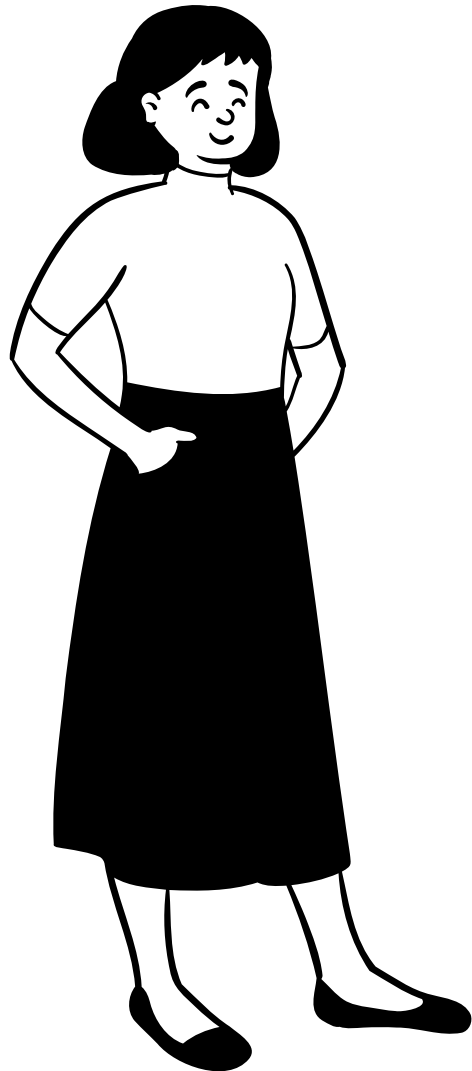
That's incorrect.

Managing emotions corresponds to emotional regulation, which is one of the benefits of mindful environments.

Mindful environments help children recognise and manage their emotions better, which is crucial for their long-term mental health.



Continue



*Select the best option that corresponds to **problem-solving skills**.*



Cognitive Development



Discovery of Teachable Moments





That’s correct.

Mindful environments help in cognitive development. Engaging in mindful play stimulates brain development, enhancing memory, attention, and problem-solving skills.



Continue



That’s incorrect.

Problem-solving skills correspond to cognitive development.

Mindful environments help in cognitive development. Engaging in mindful play stimulates brain development, enhancing memory, attention, and problem-solving skills.



Continue

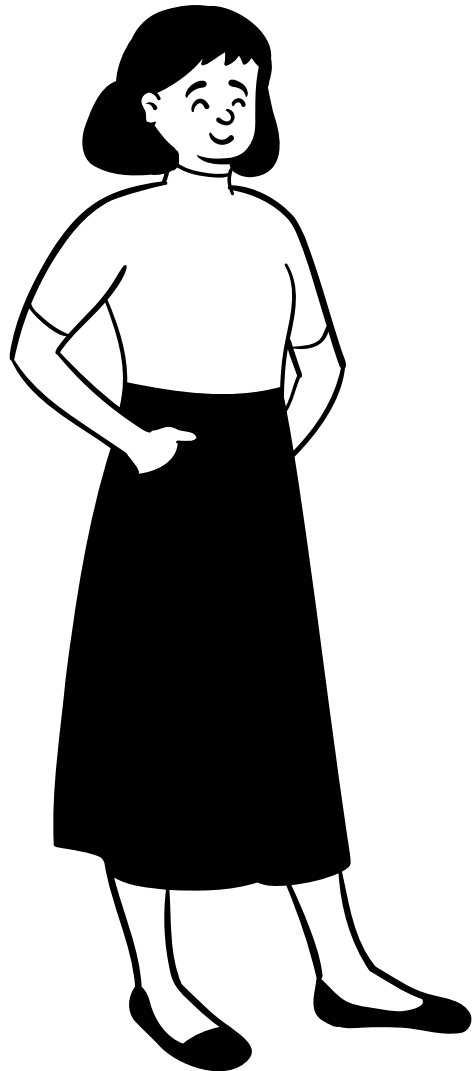
**Discovery of Teachable Moments**

Problem-solving skills correspond to cognitive development.

In mindful environments, you will discover that every interaction with the child can be a learning opportunity to develop critical thinking and creativity.



**Continue**

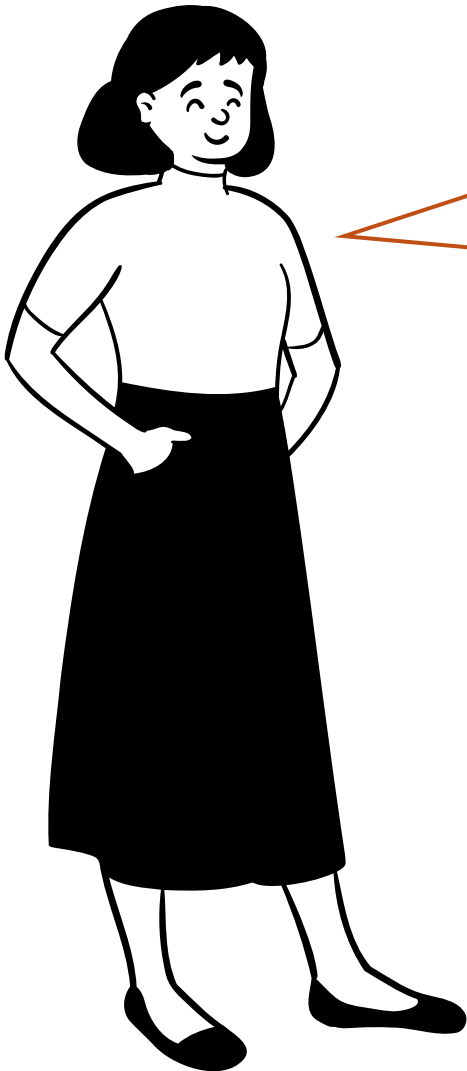


It is time for you to learn how you, as educators, can start putting the learning from this topic into practice. We will discuss that next.



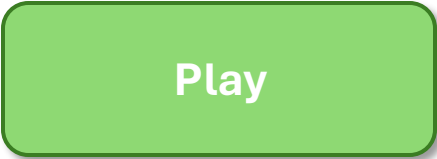
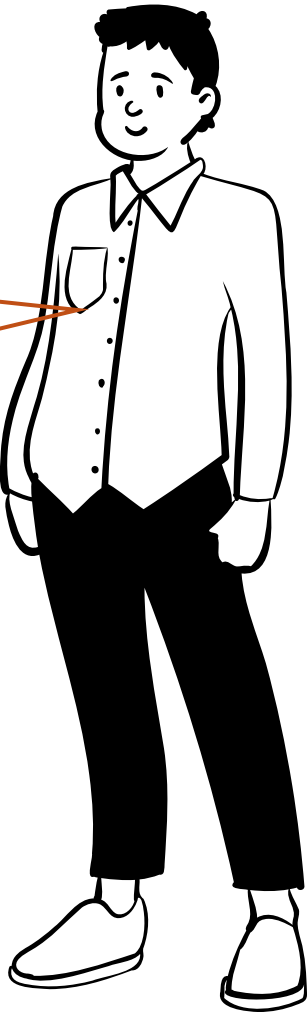
---

# Inspiring Action in Educators



You will now learn about inspiring action in educators.

We discussed this topic yesterday. Click the button to listen to our recorded conversation.



Character	Dialogue
Male	It was great engaging with you.
Female	Cultivating mindfulness is indeed an engaging topic.
Male	I wonder how you start to engage with the children.
Female	I start by observing the interests and needs of children.
Male	I think that’s a good start. These observations help in creating spaces that invite exploration and mindfulness.
Female	Yes. Empathy with the children allows me to encourage free play.
Male	That’s the right thing to do, but we need to guide them gently.
Female	Oh yes. Guidance is important. And so is important to find teachable moments in their natural curiosity.
Male	I, too, keep looking for teachable moments with the understanding that a mindful learning environment is dynamic.
Female	I agree. It evolves with the children, reflecting their growth and changing needs.
Male	That’s why we’re prepared to adapt and innovate, keeping the core principles of mindfulness at the heart of our practice.

Character	Dialogue
Female	The scientific backing is important. Our job is to translate neuroscience into practical activities for the children.
Male	Their brains are like sponges at this age, eagerly absorbing and processing new information, primarily through stories.
Female	Engagement with children makes me feel younger. And that reminds me that I still love stories.
Male	Who doesn't?



# Conclusion





As we conclude, reflect on the power of mindfulness in shaping young minds.

Integrating these practices into your child-led play environments lays a foundation for a generation of emotionally intelligent, cognitively sharp, and creatively vibrant individuals.

**Mindfulness allows children to thrive. Thank you for being a part of this journey.**