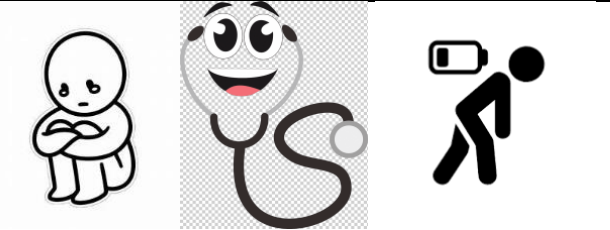
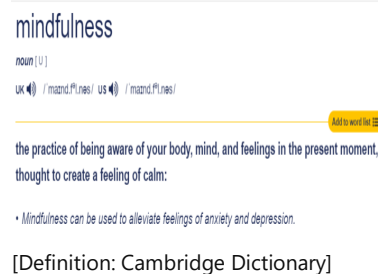
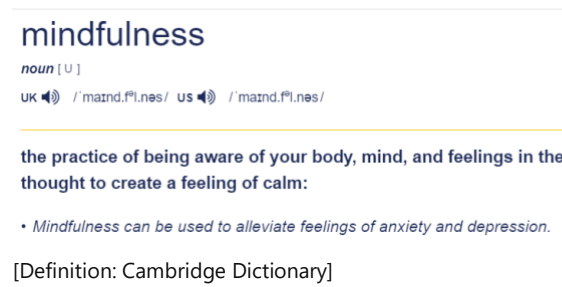



Topic		The Mindful Young Brain		Screen type	Video	
Screen Title		Course Overview		Screen number	001	
No.	Audio/VO	OST	Visuals and Development instructions		NOTES (Client Comments)	
<i>Note to Graphics (Global instructions)</i>						
<i>Client Feedback 2 Dec 2024</i>						
<i>PLEASE NOTE: In the updated storyboard, we have replaced outdated terminology like 'Childcare centre' with 'Early Childhood Education and Care Centres' to align with current standards. References to 'Colouring in' and 'Colour zones' have been removed, as these do not reflect ECEC principles. Instead, we have incorporated sensory-based activities that encourage children to identify emotions through body sensations and relational discussions, following Dr. Bruce Perry’s approach. Visuals must now reflect these changes by showcasing natural, calming environments and materials (e.g., bark, sand, leaves) instead of bright colours, plastic items, or abstract representations. Please review all visuals to ensure they emphasize supportive, sensory-rich settings that align with the developmental needs of children aged 0–5.</i>						
<i>PLEASE ALSO check that all spelling is UK English</i>						
<i>Keep this in mind for selection of images.</i>						
<i>Please consider all images here as references and make final selections based on client feedback.</i>						
1.	Welcome to 'Think2Be Healthy,' the first module of our transformative course dedicated to exploring mindfulness and its pivotal role in early childhood development. I am Hilton Misso. My personal story is a testament to the power of the principles we'll explore together.		<i>Green screen video.</i>  <i>Presenter in the centre of the screen.</i>  <i>Show Think2Be Healthy (please use the logo) centralised either above the presenter or at the bottom of the screen.</i>			
2.	a As a child, I faced daunting challenges: a fragile self-image, health issues, and a lack of motivation.		<i>Show icons for fragile self-image, health issues and lack of motivation at the bottom of the screen or in the space behind the presenter.</i>  <i>Some references (see if these can be animated going from happy/neutral to sad)</i>		<i>PLEASE NOTE: An important thing to note is that the Trend right now in all the Centres is natural colours, “nature colours” – this is seen in how</i>	

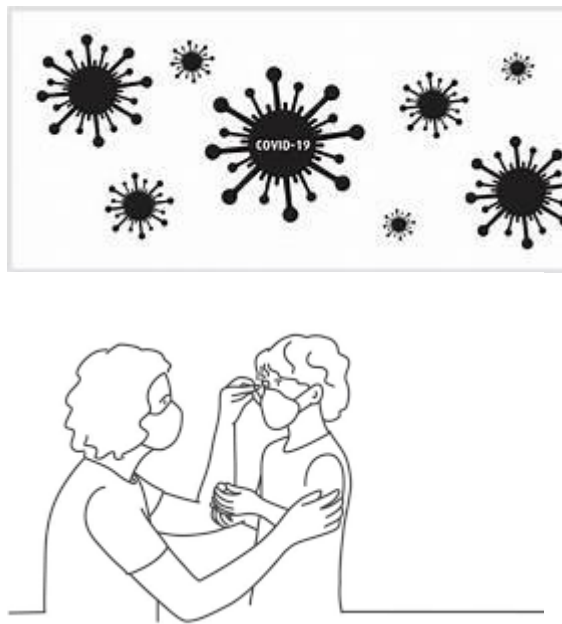
			<div data-bbox="1240 97 1848 327"></div> <div data-bbox="1240 359 1702 406"><p>Clear the icons at the end of the VO.</p></div>	<div data-bbox="1848 97 2150 1396"><p>the centres are painted, what the children wear and the toys and things they play with – imagine like like colours of dirt and sand and trees and nature. The Educators actually go out before they start the week and collect trees and bark and sand so the children can use these things to play with and maybe they would use a leaf to paint with rather than a brush. They DON'T use bright colours, they DON'T use plastics and have colourful walls or toys, its all very natural colours and things to play with and even if they have say plastic toys they are natural colours and they use them with other natural things</p></div>
3.	My aspirations didn't extend beyond becoming a struggling musician.		<div data-bbox="1240 1396 1713 1436"><p>Presenter in the centre of the screen.</p></div>	


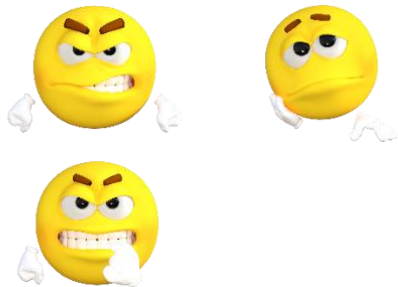
4.	But today, I stand before you with a life that surpasses even my most ambitious dreams. I'm blessed with a wonderful family, an exceptional team, and a successful career that includes building one of Queensland's largest law firms, establishing 14 childcare centres, and owning a substantial real estate portfolio.		<p><i>Move the presenter to one side (or maybe top right) and show images and logos relevant to the VO.</i></p> <p><i>You can take the images and logos shared by the client.</i></p>	<div>Environments BEST</div> <div>Environments</div> <div>Environments</div> <div>SL Redcliffe people</div> <div>SL Joyner people</div> <div>SL Cotton Tree people</div> <div>SL Flinders people</div> <div>Stock images</div>	<a href="https://www.slredcliffe.qld.gov.au/">https://www.slredcliffe.qld.gov.au/</a> <a href="https://www.slredcliffe.qld.gov.au/">https://www.slredcliffe.qld.gov.au/</a> <a href="https://www.slredcliffe.qld.gov.au/">https://www.slredcliffe.qld.gov.au/</a> <a href="https://www.slredcliffe.qld.gov.au/">https://www.slredcliffe.qld.gov.au/</a> <a href="https://www.slredcliffe.qld.gov.au/">https://www.slredcliffe.qld.gov.au/</a> <a href="https://www.slredcliffe.qld.gov.au/">https://www.slredcliffe.qld.gov.au/</a> <a href="https://www.slredcliffe.qld.gov.au/">https://www.slredcliffe.qld.gov.au/</a>
5.	This course isn't just about personal success; it's about empowering each and every one of you, and every child, to reach your full potential.		<p><i>Show images and/or videos of kids in the learning centres used in the client's website. (Alternatively, you can use a series of photographs of children smiling, studying, playing, interacting with other kids etc. Please ensure that the images are of children of around age 5 and lower.)</i></p> <p><i>Here use images of only children (no adults).</i></p> <p><i>You can probably use a show reel effect or something.</i></p>		
6.	The transformation I experienced — from a child with limited prospects to a successful entrepreneur — was fuelled by the very teachings we'll delve into.		<i>Presenter in the centre of the screen.</i>		
7.	The benefits of introducing mindfulness at a young age are profound and far-reaching.		<i>Change the positioning of the presenter.</i>		

	For school-aged children, mindfulness contributes to heightened focus, improved grades, and better behaviour. Our goal is to equip you with these life-altering tools so that you can affect the children you teach.		<i>In the free space show images of educators with kids (images from client website and/or the ones shared by the client).</i>	
8.	I am thrilled to welcome you to this course. I am confident that these principles, which have profoundly impacted my life, will do the same for you.		<i>Show the course landing page.</i>	
9.	Now, let's embark on this journey together, as I pass the stage to our exceptional experts who will lead you through this transformative training.  Together, we will learn how to 'Think2Be Healthy' in terms of mindfulness, for the betterment of our wonderful educators and our young 'happy, healthy learners'.		<i>Move the presenter to the centre of the screen and show the course landing page in the background.</i>	



Topic		The Mindful Young Brain		Screen type	
Screen Title		Introduction		Screen number	002
No.	Audio/VO	OST	Visuals and Development instructions	NOTES (Client Comments)	
1.	<p>Welcome to this topic of immense importance and timeliness: Mindfulness.</p> <p>But what exactly is mindfulness?</p>	<b>Mindfulness</b>	<p><i>Show the OST from the start of the VO.</i></p> <p><i>In sync with the word 'Mindfulness' in the VO, underline it'</i></p>		
2.	<p>Simply put, it is being fully present in a moment.</p> <p>Being fully present mean being fully aware of what is happening within yourself and in your environment.</p>		<p><i>Retain the underlined word from the first event and below that show the definition (with attribution).</i></p> <p><i>(Have copied the OST image in this column also for reference)</i></p> 		
3.	<p>The state of mindfulness forms a bedrock which enables emotional self-regulation and mental well-being.</p>		<p><i>Screen refresh.</i></p> <p><i>Show something like the reference below. Build the images from left to right in sync with the VO.</i></p>		

				We need to not use the colour chart
4.	<p>As we embark on this exploratory journey into the realm of mindfulness, we'll uncover how it significantly influences our youngest learners. Our focus is grounded in evidence-based research, highlighting that a child's brain undergoes rapid development early in life.</p> <p>Let's dive in and discover how mindfulness can play a pivotal role in nurturing and guiding this incredible period of growth and development.</p>	<p>In this topic, let's</p> <ol style="list-style-type: none"> <li>1. Become aware of the impact of Mindfulness on emotional regulation and understand its developmental importance</li> <li>2. Learn about Mindfulness Principles</li> <li>3. See how to apply Mindfulness principles in everyday life</li> <li>4. Identify long-term benefits of instilling Mindfulness in childhood</li> </ol>	<p><i>Screen refresh.</i></p> <p><i>Fade in the OST (there is no sync)</i></p> <p><i>Show (use visual techniques to create a sense of motion till the end of the VO)</i></p> <p><a href="https://www.shutterstock.com/image-photo/books-reading-teacher-children-park-storytelling-2282907961">https://www.shutterstock.com/image-photo/books-reading-teacher-children-park-storytelling-2282907961</a></p> <p><a href="https://www.shutterstock.com/image-photo/african-girl-friends-on-tour-summer-1630531885">https://www.shutterstock.com/image-photo/african-girl-friends-on-tour-summer-1630531885</a></p> <p><a href="https://www.shutterstock.com/image-photo/kids-fun-playful-happiness-retro-togetherness-426525370">https://www.shutterstock.com/image-photo/kids-fun-playful-happiness-retro-togetherness-426525370</a></p>	

Topic		The Mindful Young Brain		Screen type	
Screen Title		Mindfulness, Self-Regulation and Its Developmental Importance		Screen number	003
No.	Audio/VO	OST	Visuals and Development instructions	NOTES (Client Comments)	
1.	The COVID-19 pandemic has heightened stress levels and mental health concerns globally, significantly affecting children and their caregivers.	COVID-19 pandemic has heightened stress levels and mental health concerns.	<p><i>Show an image like the reference image below.</i></p> <p><i>(Note to designers: For Events 1 and 2 recreate the images to make them in the same style. Also, please use colours and filled images.</i></p> <p><i>Please take note of the client comment in the column on the right)</i></p> 	<p><i>We need this to be high level and not one dimensional – please consider how to make this outstanding and engaging – Level 3</i></p>	

2.	It has underscored the critical need for fostering robust self-regulation skills, even in our youngest learners.	It has underscored the critical need for fostering robust self-regulation skills, even in our youngest learners.	<p><i>Retain previous.</i></p> <p><i>Show something like the reference image below. In the recreated image, show a child instead of an adult. Also, it needn't be circular.</i></p> 	
3.	<p>Equipping children with effective self-regulation tools is vital.</p> <p>Research indicates that young children who struggle with self-regulation are prone to face various challenges that range from disruptive behaviours like aggression and impulsivity to increased chances of peer rejection and more frequent corrective interventions from educators.</p>	<p>Young children who struggle with self-regulation may be prone to</p> <ul style="list-style-type: none"> <li>• Disruptive behaviours like aggression and impulsivity</li> <li>• Increased chances of peer rejection</li> <li>• Frequent corrective interventions from educators</li> </ul>	<p><i>Screen refresh.</i></p> <p><i>Show OST in sync with VO.</i></p> <p><i>Use emojis as a visual element on the screen. You can show different emojis appearing as the VO progresses.</i></p> <p><i>Some references of emojis that can be used in sync with the VO</i></p> 	



				
4.	Such struggles can extend to impact school readiness, self-esteem, academic performance, and can even escalate to stress management issues, substance abuse, and engagement in unlawful activities in the long run.	<p>Struggles with self-regulation</p> <ul style="list-style-type: none"> <li>• May impact <ul style="list-style-type: none"> <li>○ School readiness</li> <li>○ Self-esteem</li> <li>○ Academic performance</li> </ul> </li> <li>• May escalate into <ul style="list-style-type: none"> <li>○ Stress management issues</li> <li>○ Substance abuse issues</li> <li>○ Engagement in unlawful activities</li> </ul> </li> </ul>	<p><i>Screen refresh.</i></p> <p><i>Show OST in sync with the VO.</i></p> <p><i>Show a smiley face emoji disintegrating into a number of negative emojis using an effect as in the reference below. This is a static image.</i></p> 	
5.	<p>Here is an amazing fact: in the first few years, a child's brain forms nearly one million neural connections every second!</p> <p>This extraordinary development is foundational for all subsequent learning, behaviours, and health.</p>	<p>A child's brain forms nearly one million neural connections every second. This extraordinary development is foundational for all subsequent learning, behaviours, and health.</p> <p>[Reference: Centre on the Developing Child at Harvard University]</p>	<p><i>Screen refresh.</i></p> <p><i>Bring in the OST in-sync with the VO.</i></p> <p><i>Show (or any other animation of brain connections)</i></p> <p><a href="https://www.shutterstock.com/video/clip-1040887100-3d-render-human-baby-brain-formation-anatomy">https://www.shutterstock.com/video/clip-1040887100-3d-render-human-baby-brain-formation-anatomy</a></p>	

Topic		The Mindful Young Brain	Screen type	
Screen Title		Astonishing Growth of the Young Brain	Screen number	004
No.	Audio/VO	OST	Visuals and Development instructions	
1.	Let's take a look at some very important research about young brains.	<p><b>Growth of the Young Brain</b></p> <p><b>Long-term Impact of Mindfulness</b></p> <p><i>Instructional Text: Click each research to know about the findings.</i></p>	<p><i>Show two clickable images with labels</i></p> <p>1. <a href="https://www.shutterstock.com/image-photo/rear-view-father-his-son-on-535048732">https://www.shutterstock.com/image-photo/rear-view-father-his-son-on-535048732</a> (Label: <b>Growth of the Young Brain</b>)</p> <p>2. <a href="https://www.shutterstock.com/image-photo/group-six-children-dressing-professions-127688342">https://www.shutterstock.com/image-photo/group-six-children-dressing-professions-127688342</a> (Label: <b>Long-term Impact of Mindfulness</b>)</p>	
2.	Did you know that in the first five years, a child's brain develops more than at any other time in life? This period is critical for shaping their future. Research shows that early experiences influence brain architecture, establishing either a sturdy or fragile foundation for all the learning, health, and behaviour that follow.	<p><b>In the first five years, a child's brain develops more than at any other time in life.</b> This period is critical for shaping their future.</p> <p>Research shows that <b>early experiences influence brain architecture, establishing either a sturdy or fragile foundation</b> for all the learning, health, and behaviour that follow.</p>	<p><i>When Tab 1 is clicked.</i></p> <p><i>Show OST in-sync with the VO.</i></p>	

		[Reference: Centre on the Developing Child at Harvard University]	
3.	<p>In research with a group of cohorts up to two decades, it was found that children who learn mindfulness skills as early as kindergarten, were found to experience long-term benefits including improved education, employment, crime, substance abuse and mental health outcomes in adulthood.</p> <p>The researchers observed that for every one-point increase in a child's social competence score in kindergarten, there was a corresponding increase in the likelihood of obtaining a college degree and full-time employment and a decrease in the likelihood of being arrested or having substance abuse problems in early adulthood.</p>	<p>Research found <b>that children who learn mindfulness skills</b> as early as kindergarten, experience long-term benefits including <b>improved education, employment, and lowered crime, substance abuse and mental health outcomes</b> in adulthood.</p> <p><b>Researchers observed that for every one-point increase in a child's social competence score in kindergarten, there was a corresponding increase in the likelihood of obtaining a college degree and full-time employment.</b></p> <p>[Damon E. Jones, Mark Greenberg, and Max Crowley, titled "Early Social-Emotional Functioning and Public Health: The Relationship Between Kindergarten Social Competence and Future Wellness,"]</p>	<p><i>When Tab 2 is clicked.</i></p> <p><i>Show OST in-sync with the VO.</i></p>

Topic		The Mindful Young Brain		Screen type	
Screen Title		Digital Devices and Emotional Regulation		Screen number	004
No.	Audio/VO	OST	Visuals and Development instructions		NOTES (Client Comments)
1.	Imagine a hectic evening.  Dinner is cooking late, your phone is ringing, and suddenly, your child starts having a tantrum.		<i>Use whiteboard animation to show the scene from the VO.</i>		
2.	What is the easiest and most tempting thing to do at this point?	What is the easiest and most tempting thing to do at this point?	<i>Screen refresh.</i>  <i>Show OST in sync with the VO.</i>  <i>Show images (with labels) and radio buttons.</i>  <i>Image 1 (Label: Hand them a digital device)</i> <a href="https://www.shutterstock.com/image-photo/close-cute-little-boy-using-smartphone-1854555796">https://www.shutterstock.com/image-photo/close-cute-little-boy-using-smartphone-1854555796</a>  <i>Image 2 (Label: Switch on the TV for them)</i> <a href="https://www.shutterstock.com/image-photo/little-cute-girl-watching-tv-250881613">https://www.shutterstock.com/image-photo/little-cute-girl-watching-tv-250881613</a>  <i>When any button is selected, move to the next Event.</i>		
3.	The immediate temptation might be to hand them a digital device to calm them down but research suggests this might not be the best approach.	The <b>immediate temptation</b> might be to <b>hand them a digital device</b> to calm them down but <b>research suggests this might not be the best approach.</b>	<i>When any button is selected, play this VO and show this OST.</i>  <i>Retain the OST and images from the previous Event.</i>		

4.	<p>A study by the University of Michigan, published in 'Developmental Psychology,' examined the behaviours of 3- to 5-year-olds and how caregivers used digital devices to manage tantrums.</p> <p>They found that using devices as a distraction led to more emotional dysregulation in children, especially in boys and those already struggling with emotional control.</p>	<p><b>A study by the University of Michigan</b> examined the behaviours of 3- to 5-year-olds and how caregivers used digital devices to manage tantrums.</p> <p><b>Using devices as a distraction led to more emotional dysregulation</b> in children, especially in boys and those already struggling with emotional control.</p>	<p><i>Screen refresh.</i></p> <p><i>Show OST in sync with the VO.</i></p> <p><i>Show</i></p> <p><a href="https://www.shutterstock.com/image-photo/happy-children-using-mobile-devices-outdoors-1665290899">https://www.shutterstock.com/image-photo/happy-children-using-mobile-devices-outdoors-1665290899</a></p>	
5.	<p>Here's a fun brain teaser for you.</p> <p>Which tech mogul said: "Actually we don't allow the iPad in the home. We think it's too dangerous for them in effect."?</p>	<p>Which tech mogul said: "Actually we don't allow the iPad in the home. We think it's too dangerous for them in effect."?</p> <ul style="list-style-type: none"> <li>• Elon Musk</li> <li>• Bill Gates</li> <li>• Steve Jobs</li> <li>• Mark Zuckerberg</li> </ul>	<p><i>Screen refresh.</i></p> <p><i>Show radio buttons with the options.</i></p> <p><i>Show the logos beside each option</i></p> <ol style="list-style-type: none"> <li>1. <i>Elon Musk – Logo of SpaceX</i></li> <li>2. <i>Bill Gates – Logo of Microsoft</i></li> <li>3. <i>Steve Jobs – Logo of Apple</i></li> <li>4. <i>Mark Zuckerberg – Logo of Facebook</i></li> </ol> <p><i>When the learner clicks any option move to the next event.</i></p>	
6.	<p>Isn't it surprising that Steve Jobs, co-founder of Apple, said more than once that his children hadn't used the iPad?</p> <p>This aligns with the findings of the study, emphasising the importance of teaching</p>	<p>Steve Jobs in 2010 was on the stage at the Apple event releasing the iPad. Two years later when he was asked "Your kids must love the iPad?" He said "Actually we don't allow the iPad in the home. We think</p>	<p><i>Screen refresh.</i></p> <p><i>Show two boxes.</i></p> <p><i>Show the first para (with source) in the first box and the second para (with source) in the second box. (There is no sync)</i></p>	<p><i>Yes using Steve Jobs is good, might be good</i></p>

	<p>emotional regulation and communication over temporary distraction.</p>	<p>it's too dangerous for them in effect."</p> <p>[Source: Article in Business Insider 'Here's why Steve Jobs never let his kids use an iPad' dated March 4, 2017]</p> <hr/> <p>He made billions of dollars from devices, but Steve Jobs didn't let his kids use an iPad. In a New York Times article in 2014, Nick Bilton recalled asking Jobs how his kids liked the new gadgets. And Jobs replies, "They haven't used it. We limit how much technology our kids use at home."</p> <p>[Source: Article on msn.com 'Why Steve Jobs Didn't Let His Kids Use iPads (and Why You Shouldn't Either)' dated December 30, 2023]</p>	<p><i>You can use something like the reference image below (for the two boxes) and use a caricature of Steve Jobs (in place of the zebra)</i></p>	<p><i>to say he was the Creator and Founder of Apple (or whatever in case young educators don't know him)</i></p>
7.	<p>Instead of relying on screens, let's explore how mindfulness can be a more effective tool.</p>	<p>Mindfulness can be a more effective tool.</p>	<p><i>Screen refresh.</i></p> <p><i>Show OST in sync with the VO.</i></p> <p><i>Show</i></p> <p><a href="https://www.shutterstock.com/image-photo/camping-childrens-room-572011543">https://www.shutterstock.com/image-photo/camping-childrens-room-572011543</a></p>	

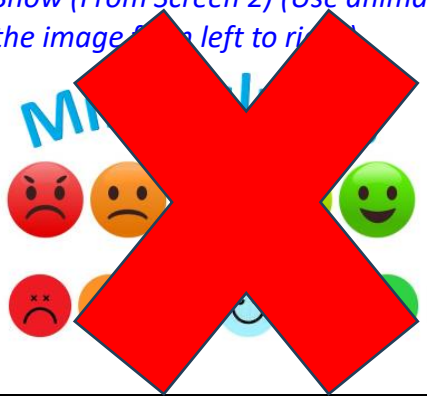
Topic		The Mindful Young Brain		Screen type	
Screen Title		Mindfulness and Emotional Regulation in Practice		Screen number	005
No.	Audio/VO	OST	Visuals and Development instructions		NOTES (Client Comments)
1.	<p>Mindfulness teaches children to understand and manage their big emotions. It's about creating a space where they can reset and learn to cope. Think of setting up a "mindful corner," "cosy corner," "cool-down corner," or a "safe space" where children feel secure and supported.</p> <p>In this space, support children in identifying their emotions by noticing the sensations in their bodies. Ask questions like, "Does your tummy feel tight?" or "Are your hands feeling tingly?"</p> <p>Share your own experiences of similar emotions, saying, "Sometimes, my chest feels heavy when I'm sad."</p> <p>Provide them with language for their emotions, such as "sad," "angry," or "excited." Acknowledge their feelings and help them explore effective strategies, such as hugging a soft toy, practicing deep breaths, or speaking with a trusted person. For example, "When you feel like this, you can say, 'I need a hug,' or 'Can I sit quietly for a moment?'"</p>	<p>Mindfulness teaches children to understand and manage their big emotions.</p> <ul style="list-style-type: none"> <li>Create a space where your child can reset and learn to cope.</li> <li>Where they can go to collect their feelings.</li> </ul>	<p><i>Show OST in sync with the VO</i></p> <p><i>Show</i></p> <p><a href="https://www.shutterstock.com/video/clip-1036894193-small-cute-caucasian-blond-girl-sitting-wigwam">https://www.shutterstock.com/video/clip-1036894193-small-cute-caucasian-blond-girl-sitting-wigwam</a></p>		
2.	Let's create a Mindful Corner together.	Create a Mindful Corner	<p><i>Show the OST on one side. Under it show a blank space. (Try and create a space like the</i></p>		

	<p>Select the items that can be there in a Mindful Corner.</p>	<p><i>Instructional Text: Select the items that can be there in a Mindful Corner.</i></p>	<p><i>one in the final image without the items that are clickable)</i></p> <p><i>Show a number of items with labels. (Try and isolate these items from the final image)</i></p> <p><i>When the correct items are clicked, animate them to moving to the blank space and create a Mindful Corner.</i></p> <p><i>When a wrong item is clicked, show a sad face emoji and don't move it.</i></p> <p><i>Items to be shown (ones in bold are the correct ones)</i></p> <ul style="list-style-type: none"> <li>• <b>Bean bag or tent</b> (Use appropriate images – if possible isolate the item from the final image and show it here)</li> <li>• <b>Soft rug or mat</b> (Use appropriate images – if possible isolate the item from the final image and show it here)</li> <li>• Action toys (<a href="https://www.shutterstock.com/image-photo/isolated-image-group-green-plastic-toy-98998640">https://www.shutterstock.com/image-photo/isolated-image-group-green-plastic-toy-98998640</a>   <a href="https://www.shutterstock.com/image-photo/adelaide-australia-june-08-2015-studio-285942509">https://www.shutterstock.com/image-photo/adelaide-australia-june-08-2015-studio-285942509</a>)</li> <li>• <b>Twinkling string lights, a soft lamp or star lights</b> (Use appropriate images – if</li> </ul>	
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			<p><i>possible isolate the item from the final image and show it here)</i></p> <ul style="list-style-type: none"> <li>• <b>Plush toys or stuffed animals</b> (Use appropriate images – if possible isolate the item from the final image and show it here)</li> <li>• <b>Fidget or sensory toys</b> (<a href="https://www.shutterstock.com/image-photo/colorful-antistress-fidget-push-pop-sensory-1989715766">https://www.shutterstock.com/image-photo/colorful-antistress-fidget-push-pop-sensory-1989715766</a>)</li> <li>• <b>Smartphone or tablet</b> (Use appropriate images)</li> <li>• <b>Laptop</b> (Use appropriate images)</li> </ul> <p><i>The final image can be</i></p> <p><a href="https://www.shutterstock.com/image-photo/spacious-world-window-play-tent-494756848">https://www.shutterstock.com/image-photo/spacious-world-window-play-tent-494756848</a></p> <p><i>In this image, the items are in the foreground, instead of the background, different coloured squeeze balls.</i></p>	<div> <p>We don't want to use colour balls to show their emotions</p> </div>
3.	<p>Let's create a Mindful Corner together. Select the items that can be there in a Mindful Corner.</p> <p>In your mindful corner, you can use a soft rug or mat, bean bag or tent with twinkling string lights, a soft lamp, or star lights. The</p>	<p>In your mindful corner, you can use a soft rug or mat, bean bag or tent with twinkling string lights, a soft lamp, or star lights. The space can have plush toys</p>	<p><i>After all the correct items are clicked, play the VO and show the OST in a box at the bottom of the screen.</i></p>	

	space can have plush toys or stuffed animals, sensory toys like squeeze balls or textured objects, and favourite books. Avoid activities like colouring that may not align with a child's natural self-regulation process. Instead, provide quiet and grounding elements, like a favourite blanket or calming music.	or stuffed animals, sensory toys like squeeze balls or textured objects, and favourite books. Avoid activities like colouring that may not align with a child's natural self-regulation process. Instead, provide quiet and grounding elements, like a favourite blanket or calming music.		
4.	Here, you can help them identify their emotions using simple methods, like discussing body sensations and modeling language for emotions as we mentioned earlier by supporting the children in identifying their emotions by noticing the sensations in their bodies. Ask questions like, "Does your tummy feel tight?" or "Are your hands feeling tingly?"	Here, you can help them identify their emotions using simple methods, like discussing body sensations and modeling language for emotions as we mentioned earlier by supporting the children in identifying their emotions by noticing the sensations in their bodies. Ask questions like, "Does your tummy feel tight?" or "Are your hands feeling tingly?"	<p><i>Remove OST (box and remaining options). Retain the image of the Mindful Corner.</i></p> <p><i>Show OST in sync with the VO.</i></p> <p><i>While the teacher first is saying zoom in to the square (instead of the abacus) in the video, add a visual effect to isolate one green ball and one yellow ball and put them in the center.</i></p> <p><i>With the teacher's second zoom, show emojis appearing on the balls.</i></p> <p><a href="https://www.shutterstock.com/image-illustration/color-level-ball-face-icon-concept-2214007647">https://www.shutterstock.com/image-illustration/color-level-ball-face-icon-concept-2214007647</a></p>	<i>We need to change this image</i>
5.	This practice not only helps them in the moment but builds their long-term ability to regulate and communicate emotions.	This practice not only helps them in the moment but builds their long-term ability to regulate and communicate emotions.	<p><i>Retain above.</i></p> <p><i>Show OST in sync with the VO.</i></p>	

6.	Remember, the goal isn't to suppress their emotions but to guide them in understanding and responding appropriately.	Remember, the goal isn't to suppress their emotions but to guide them in understanding and responding appropriately.	<p><i>Screen refresh.</i></p> <p><i>Show OST in sync with the VO.</i></p> <p><i>Show (From Screen 2) (Use animation to show the image from left to right)</i></p> 	
7.	<p>By adopting these mindfulness techniques, you equip your child with the tools to face life's challenges, fostering emotional well-being and resilience.</p> <p>This approach is about long-term emotional health, far beyond the immediate calm.</p>	<p>By adopting mindfulness techniques, you equip your child with the tools to face life's challenges, fostering emotional well-being and resilience.</p> <p>Mindfulness is about long-term emotional health, far beyond the immediate calm.</p>	<p><i>Screen refresh.</i></p> <p><i>Show the OST in sync with the VO.</i></p> <p><i>Show</i></p> <p><a href="https://www.shutterstock.com/image-photo/laughing-small-kids-on-white-background-76836880">https://www.shutterstock.com/image-photo/laughing-small-kids-on-white-background-76836880</a></p>	

Topic		The Mindful Young Brain		Screen type	
Screen Title		Conclusion		Screen number	007
No.	Audio/VO	OST	Visuals and Development instructions		
1.	The journey of a thousand miles begins with a single step. By incorporating mindfulness into the lives of our children, we're taking a powerful step towards a brighter, more resilient future.	By incorporating mindfulness into the lives of our children, we're taking a powerful step towards a brighter, more resilient future.	<p><i>With the first sentence, create a collage of happy kids in animation.</i></p> <p><a href="https://www.shutterstock.com/image-photo/collage-jumping-schoolchildren-on-white-background-679734007">https://www.shutterstock.com/image-photo/collage-jumping-schoolchildren-on-white-background-679734007</a></p> <p><i>With the second sentence, show OST in sync with the VO.</i></p>		
2.	Embracing mindfulness in early childhood is not just beneficial now; it sets a path for lifelong well-being. Research indicates that these early practices can lead to improved attention, lower stress levels, and even better academic performance as children grow.	<p>Embracing mindfulness in early childhood is not just beneficial now; it sets a path for lifelong well-being.</p> <p>Research indicates that these early practices can lead to improved attention, lower stress levels, and even better academic performance as children grow.</p> <p>[Reference: "The Impact of Mindfulness Education on Elementary School Students," Education, 2017]</p>	<p><i>Remove previous OST and keep the image.</i></p> <p><i>In sync with the VO, show this OST in a box. (Give it a nicer effect than in the example below)</i></p> <div data-bbox="1411 957 1780 1101"> <p>Embracing mindfulness in early childhood is not just beneficial now; it sets a path for lifelong well-being. Research indicates that these early practices can lead to improved attention, lower stress levels, and even better academic performance as children grow.</p> <p>[Reference: "The Impact of Mindfulness Education on Elementary School Students," Education, 2017]</p> </div>		

3.	<p>Let's take a quick look at the practical tools that you can use to make mindfulness a part of your child's every day.</p> <p>Thank you for joining me in this fascinating exploration. In the next lesson, we will explore mindfulness further, and look at some more mindfulness fundamentals. Stay mindful and see the wonders it brings!</p>	<p><b>Tangible Tools</b></p> <ol style="list-style-type: none"> <li>1. Do not resort to technology to resolve emotional distress</li> <li>2. Create a Mindful Corner / Cosy Corner / Cool-down Corner / Safe Space</li> </ol>	<p><i>Remove all OST and keep the image.</i></p> <p><i>Show the OST (this OST is not synced).</i></p>
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