




| Topic   |   | Understanding Mindfulness Fundamentals   |  | Screen type  |                      |
|---|---|--|--|--|----------------------|
| Screen Title  |   | Introduction   |  | Screen number  | 001 <i>Animation</i> |
| No.   | Audio/VO  | OST  |  | Visuals and Development instructions   |                      |
| <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PLEASE NOTE: In the updated storyboard, we have replaced outdated practices like group-wide guided visualisation sessions with brief, sensory-based mindfulness activities that are tailored to small groups and aligned with best practices for early childhood education. To further emphasize these updates, it's crucial that the visuals reflect examples of <b>regulating environments</b>—spaces that promote safety, stability, and calm. Please ensure that images and animations highlight natural materials (e.g., wood, sand, leaves) and calming, nature-inspired colours (e.g., greens, browns, neutral tones). Avoid bright, plastic-heavy visuals and instead showcase environments where children are interacting with sensory materials or engaging in activities that foster emotional regulation in soothing settings. This will help align the content with the trends and expectations in early childhood centres.</i> |   |  |  |  |                      |
| <i>PLEASE – also check that all spelling is in UK</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 back to <b>Think2Be Healthy Minds!</b><br><br>Research has found that up to the age of 5 is a time of incredible brain development in a child. Mindfulness can play a key role in supporting this growth. | Can part 1 and 2 be converted to animation?<br><br>Only row 1 can be animation. Row 2 is LOs |  | Use the Think2Be Healthy logo from greenscreen animation<br><br><i><a href="#">Here are 2 animation references that can be combined into a single animation for 2<sup>nd</sup> and 3<sup>rd</sup> line of VO</a></i><br><a href="https://www.shutterstock.com/video/clip-3433587411-energy-boost-brain-power-concept-vector-2d">https://www.shutterstock.com/video/clip-3433587411-energy-boost-brain-power-concept-vector-2d</a><br><a href="https://www.shutterstock.com/video/clip-1106124031-mindfulness-brain-calm-stable-mental-health">https://www.shutterstock.com/video/clip-1106124031-mindfulness-brain-calm-stable-mental-health</a> |                      |
| 2.  | Today we're going to explore how mindfulness enriches early childhood education for our 0 to 5-year-olds.   |  |  | <i>Please show image from library of a teacher and child</i>   |                      |



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|  | <p>We will</p> <ol style="list-style-type: none"> <li>1. Understand the impact of mindfulness on early childhood brain development and its significance in education for children aged 0 to 5.</li> <li>2. Learn about the concept of 'Regulating Environments' and how mindfulness activities aid in emotional regulation for young children.</li> <li>3. Gain knowledge of practical mindfulness activities suitable for early childhood settings, sensory play, and mindful storytelling.</li> <li>4. Recognise the long-term benefits of mindfulness in early development, including improved attention, emotional regulation, and the critical role of educators in fostering these skills.</li> </ol> | <ol style="list-style-type: none"> <li>1. Understand the impact of mindfulness on early childhood brain development and its significance in education for children aged 0 to 5.</li> <li>2. Learn about the concept of 'Regulating Environments' and how mindfulness activities aid in emotional regulation for young children.</li> <li>3. Gain knowledge of practical mindfulness activities suitable for early childhood settings, such as sensory play, and mindful storytelling.</li> <li>4. Recognise the long-term benefits of mindfulness in early development, including improved attention, emotional regulation, and the critical role of educators in fostering these skills.</li> </ol> | <p><i>Then transition to a Learning Objectives screen</i></p> |
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| Topic        |  | Understanding Mindfulness Fundamentals   | Screen type  |     |
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| Screen Title |  | Establishing Emotional Regulation Through Mindfulness  | Screen number  | 002 |
| No.          | Audio/VO   | OST  | Visuals and Development instructions   |     |
| 1.           | Dr. Bruce Perry has been an active teacher, clinician and researcher in children's mental health and neuroscience for over 30 years. | Dr. Bruce Perry — Teacher, Clinician and Researcher in Children's Mental Health and Neuroscience | <p>Show Dr. Bruce Perry</p>  <p>(Image source: <a href="https://www.bdperry.com/">https://www.bdperry.com/</a>)</p> <p>Source to be mentioned? Not required</p> <p>Show the OST below the image.</p>  |     |
| 2.           | His work has impacted clinical practice, programs and policy across the world.   |  | <p>Screen refresh.</p> <p>Show</p> <p><a href="https://www.amazon.com/stores/author/B004G8LMOU/allbooks?ingress=0&amp;visitId=2e5896e3-7155-4daf-ab3a-6044b17d5686&amp;ref=ap_rdr">https://www.amazon.com/stores/author/B004G8LMOU/allbooks?ingress=0&amp;visitId=2e5896e3-7155-4daf-ab3a-6044b17d5686&amp;ref=ap_rdr</a></p> <p>allowed? Yes. But only the books that you can see on this page - <a href="https://www.bdperry.com/books">https://www.bdperry.com/books</a></p> <p>And scroll down the screen to quickly show the books.</p> |     |
| 3.           | Dr Perry suggests that creating 'Regulating Environments' is vital, especially in managing stress for young children.                | Creating 'Regulating Environments' is vital, in managing stress for young children.              | <p>Screen refresh.</p> <p>Show the OST in sync with the VO.</p> <p>Show photographs. Use fun effects like in the first two photographs. (All images are from <a href="https://sesamelane.com.au/">https://sesamelane.com.au/</a> Please find similar photographs)</p>  |     |

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| 4. | <p>Regulating Environments are spaces or settings that promote a sense of safety, stability, and calm, particularly for young children.</p> <p>Mindfulness activities help achieve this, aiding children in regulating their emotions and reactions.</p> | <p>Spaces or settings that promote a sense of safety, stability, and calm.</p> | <p><i>Screen refresh.</i></p> <p><i>Show the OST in sync with the VO.</i></p> <p><i>(Try and make sure that there is no dead VO. So create some sort of visual movement while the VO plays)</i></p> <p><i>Some images that can be used</i></p> <p><a href="https://www.shutterstock.com/image-photo/small-girl-brother-both-white-sweaters-1608514399">https://www.shutterstock.com/image-photo/small-girl-brother-both-white-sweaters-1608514399</a></p> <p><a href="https://www.shutterstock.com/image-photo/primary-school-girl-reading-book-her-1536777674">https://www.shutterstock.com/image-photo/primary-school-girl-reading-book-her-1536777674</a></p> |

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|    |   |   | <a href="https://www.shutterstock.com/image-photo/pretty-primary-school-girl-reading-book-1537720322">https://www.shutterstock.com/image-photo/pretty-primary-school-girl-reading-book-1537720322</a>  |
| 5. | So, how can we create Dr Perry's "regulating environments" for our Happy, Healthy Learners?   |   | <i>Use a visual effect to remove (erase or fade out) the previous images an OST in sync with the VO.</i>   |
| 6. | <p>Mindfulness in early childhood is about weaving simple, yet profound, activities into the daily routine.</p> <p>Let's explore how educators can gently guide these experiences to create a nurturing and regulating environment.</p> | <p>Mindfulness in early childhood is about weaving simple, yet profound, activities into the daily routine.</p> | <p><i>Show the OST in sync with the VO.</i></p> <p><i>Show images appearing atop one another while the VO plays. (You can make them look like polaroids)</i></p> <p><a href="https://www.shutterstock.com/image-photo/happy-smiling-woman-teacher-greeting-elementary-2188783065">https://www.shutterstock.com/image-photo/happy-smiling-woman-teacher-greeting-elementary-2188783065</a></p> <p><a href="https://www.shutterstock.com/image-photo/full-length-profile-shot-child-running-2143855205">https://www.shutterstock.com/image-photo/full-length-profile-shot-child-running-2143855205</a></p> <p><a href="https://www.shutterstock.com/image-photo/happy-little-boy-giving-highfive-his-2180552137">https://www.shutterstock.com/image-photo/happy-little-boy-giving-highfive-his-2180552137</a></p> <p><a href="https://www.shutterstock.com/image-photo/cute-little-african-boy-curly-hair-1964163991">https://www.shutterstock.com/image-photo/cute-little-african-boy-curly-hair-1964163991</a></p> |

| Topic        |   | Understanding Mindfulness Fundamentals  | Screen type   |                      |
|--------------|---|---|---|----------------------|
| Screen Title |   | Practical Mindfulness Activities for Early Years  | Screen number   | 003 <i>Animation</i> |
| No.          | Audio/VO  | OST   | Visuals and Development instructions  |                      |
| 1.           | <p>As early childhood educators, we play a pivotal role. By introducing mindfulness in playful, engaging ways, we're not just teaching a skill. We're shaping resilient, empathetic, and focused individuals.</p> <p>Our everyday interactions can make a profound difference in their developmental journey.</p> | By introducing mindfulness in playful, engaging ways, childhood educators shape resilient, empathetic, and focused individuals. | <p><i>Show the OST in sync with the VO.</i></p> <p><i>(Try and make sure that there is no dead VO. So create some sort of visual movement while the VO plays)</i></p> <p><i>Show photographs of educators from the client's centres. Again, use different shapes and effects like in the first photograph. (All pictures are from <a href="https://sesamelane.com.au/">https://sesamelane.com.au/</a> ) Use images from the library provided by the client, instead.</i></p>  |                      |
| 2.           | Some simple and effective ways in which you can create an environment of Mindfulness are...   | <b>Ways to Create an Environment of Mindfulness:</b>  | <p><i>Retain the previous images and replace the OST.</i></p> <p><i>OST to appear in sync with the VO.</i></p>  |                      |
| 3.           | ...a Mindful Start to the Day with simple, sensory-based mindfulness activities, such as holding a small object to focus on its texture and feel, listening carefully for quiet sounds in the environment, or pretending to breathe like  | <ul style="list-style-type: none"> <li>Simple, sensory-based mindfulness activities, such as holding a small object</li> </ul>  |   |                      |

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|    | a butterfly while gently moving their arms. These short, interactive exercises help children regulate their emotions and engage with the present moment effectively. | to focus on its texture and feel, listening carefully for quiet sounds in the environment, or pretending to breathe like a butterfly while gently moving their arms. |   |
| 4. |  | <ul style="list-style-type: none"> <li></li> </ul>   | <p><i>Retain previous and build the OST in sync with the VO.</i></p> <p><i>For this point, use a visual effect to draw attention on</i></p>    |
| 5. | ...using Sensory Play for Emotional Regulation...  | <ul style="list-style-type: none"> <li>Sensory play for emotional regulation</li> </ul>  | <p><i>Retain previous and build the OST in sync with the VO.</i></p> <p><i>For this point, use a visual effect to draw attention on</i></p>  |
| 6. | ... and Storytime with Mindful Pauses for children between the ages of 3 to 5.   | <ul style="list-style-type: none"> <li>Storytime with mindful pauses (Ages 3 – 5)</li> </ul>   | <p><i>Retain previous and build the OST in sync with the VO.</i></p> <p><i>For this point, use a visual effect to draw attention on</i></p>   |

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| 7. | <ul style="list-style-type: none"> <li>These activities are more than just exercises; they're opportunities to Where it mentions “After the personalised greeting, transition to a guided visualisation session” <b>This is not practical in and Early Childhood learning environment</b> where children are arriving at staggered times .</li> </ul> <p>A guided visualisation <b>is more appropriate for older children</b>. Children 3-5 years may be able to do this in a 1:1 basis better but also only for short periods of time and suggesting this as a whole group will not be effective.</p> <p>instil mindfulness in young minds.</p> <p>By delivering these activities softly and thoughtfully, you create a space where children learn to understand and regulate their emotions, setting the foundation for a mindful and empathic approach to life.</p> <p>Let’s now take a deeper dive into each of these methods.</p> |  | <p><i>Retain the OST.</i></p> <p><i>Show the OST in sync with the VO.</i></p> <p><i>As the VO plays, fade out the previous photographs (one at a time) and fade in these photographs (in place of the photograph just faded out) (You can use as many images as you want):</i></p> <p><a href="https://www.shutterstock.com/image-photo/adorable-hispanic-boy-playing-construction-blocks-2251929907">https://www.shutterstock.com/image-photo/adorable-hispanic-boy-playing-construction-blocks-2251929907</a></p> <p><a href="https://www.shutterstock.com/image-photo/child-drawing-rainbow-paint-on-hands-2180396639">https://www.shutterstock.com/image-photo/child-drawing-rainbow-paint-on-hands-2180396639</a></p> <p><a href="https://www.shutterstock.com/image-photo/todler-proud-his-drawing-kinderqarten-2274363747">https://www.shutterstock.com/image-photo/todler-proud-his-drawing-kinderqarten-2274363747</a></p> <p><a href="https://www.shutterstock.com/image-photo/happy-preschool-age-children-play-colorful-462740623">https://www.shutterstock.com/image-photo/happy-preschool-age-children-play-colorful-462740623</a></p> <p><a href="https://www.shutterstock.com/image-photo/group-little-kids-painting-pencils-qluing-172261862">https://www.shutterstock.com/image-photo/group-little-kids-painting-pencils-qluing-172261862</a></p> |

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| <b>Topic</b>        |                 | <b>Understanding Mindfulness Fundamentals</b>                             | <b>Screen type</b>                          |     |
| <b>Screen Title</b> |                 | <i>Mindful Start to the Day with Sensory-based Mindfulness Activities</i> | <b>Screen number</b>                        | 004 |
| <b>No.</b>          | <b>Audio/VO</b> | <b>OST</b>  | <b>Visuals and Development instructions</b> |     |



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| 1. | As we begin, let's focus on the importance of a consistent and warm greeting, followed by using sensory-based mindfulness activities to create a peaceful and focused classroom atmosphere.   | <p><b>Consistent and Mindful Greeting</b></p> <p><b><i>Sensory-based Mindfulness Activities</i></b></p> <p><b><i>Instructional Text: Click each tab to know more about it.</i></b></p>   | <p><i>Show two clickable tabs</i></p> <p><b><i>Tab 1: Consistent and Mindful Greeting</i></b></p> <p><b><i>Tab 2: Sensory-based Mindfulness Activities</i></b></p> <p><i>Place the tabs on the top of the screen and clicking them will open below.</i></p>   |
| 2. | <p>As we begin, let's focus on the importance of a Consistent and Mindful Greeting.</p> <p>Begin each morning by greeting each child with warmth and attention. A personalised 'Good morning' along with a gentle gesture, like a smile or a nod, makes each child feel seen and valued. This sets a tone of calmness and belonging. You can even create a personalised hand shake.</p> | <p><b>Consistent and Mindful Greeting</b></p> <ul style="list-style-type: none"> <li>• Greet each child with warmth and attention</li> <li>• A personalised 'Good morning' along with a gentle gesture, like a smile or a nod, makes each child feel seen and valued and sets a tone of calmness and belonging</li> <li>• Consider creating a personalised hand shake</li> </ul> | <p><i>When Tab 1 is clicked.</i></p> <p><i>Show</i><br/> <a href="https://www.shutterstock.com/image-photo/group-children-running-towards-teacher-blackboard-2313359123">https://www.shutterstock.com/image-photo/group-children-running-towards-teacher-blackboard-2313359123</a></p> <p><i>Show OST in sync with the VO</i></p> |
| 3. | For children aged 3-5, it's recommended to use short sessions tailored to their developmental needs. Small group sessions with 3 children for 3-year-olds or 4 children for 4-year-olds are more effective.   | <p><b>Conducting a <i>Sensory-based Mindfulness Activity</i></b></p> <ul style="list-style-type: none"> <li>• Soft Delivery for Visualisation (Ages 3-5)</li> </ul>  | <p><i>When Tab 2 is clicked.</i></p> <p><i>Show OST in sync with the VO.</i></p> <p><i>Show</i></p>   |

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|    | Focus on brief, calming activities such as noticing their breath or imagining a simple and relatable scene, like feeling the warmth of the sun or hearing the rustle of leaves. Keep sessions to approximately 1 minute per year of age.   |   | <a href="https://www.shutterstock.com/image-photo/portrait-happy-little-girl-dark-hair-674625385">https://www.shutterstock.com/image-photo/portrait-happy-little-girl-dark-hair-674625385</a>   |
| 4. | <p>Describe a serene scene like a quiet forest or a gentle stream, using descriptive language to engage the children's imagination.</p> <p>For instance, "Imagine you are in a quiet forest, surrounded by tall trees. You hear the leaves rustling and a distant stream."</p> <p>For a beach scene you could say, "Feel the warm sand, hear the waves, and smell the ocean air."</p>  | <ul style="list-style-type: none"> <li>Use Visualisation Techniques and Engaging the Senses</li> </ul>  | <p><i>Retain the OST and remove the image.</i></p> <p><i>Show OST and video in sync with the VO.</i></p> <p><i>Show</i><br/> <a href="https://www.shutterstock.com/video/clip-1055595179-little-girl-runs-woods-plays-happy-smiling">https://www.shutterstock.com/video/clip-1055595179-little-girl-runs-woods-plays-happy-smiling</a></p> <p><b>VO too long</b> – show an educator sitting with a child and then add the forest scene and the beach scene, respectively in a thought bubble over the child</p>   |
| 5. | <p>Vary the scenarios to keep the visualisation fresh. Walk them through a magical garden, or imagine climbing a gentle hill, feeling strong and confident. Use props like sound effects to enhance experiences like a rainforest adventure, bringing the scene to life.</p> <p>Through guided visualisation, we not only focus young minds but also nurture their imagination and sensory awareness. This sets a positive tone for the day, fostering an environment conducive to learning and exploration.</p> | <ul style="list-style-type: none"> <li>Vary Visualisation Scenarios</li> </ul> <p><b>Guided Visualisation</b></p> <ul style="list-style-type: none"> <li>- Focus young minds</li> <li>- Nurture imagination and sensory awareness</li> <li>- Conducive to learning and exploration</li> </ul> | <p><i>Retain the OST and remove the video.</i></p> <p><b>VO too long – same treatment as previous slide</b></p> <p><i>Show OST in sync with the VO.</i></p> <p><i>In sync with the VO show</i><br/> <a href="https://www.shutterstock.com/image-photo/garden-stone-path-grass-growing-between-1932243626">https://www.shutterstock.com/image-photo/garden-stone-path-grass-growing-between-1932243626</a></p> <p><a href="https://www.shutterstock.com/image-photo/boy-climbing-hill-2175126">https://www.shutterstock.com/image-photo/boy-climbing-hill-2175126</a></p> <p><a href="https://www.shutterstock.com/image-photo/tropical-jungles-southeast-asia-august-1690224853">https://www.shutterstock.com/image-photo/tropical-jungles-southeast-asia-august-1690224853</a></p> |

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| <b>Topic</b>        | <b>Understanding Mindfulness Fundamentals</b> | <b>Screen type</b>   |     |
| <b>Screen Title</b> | <i>Sensory Play for Emotional Regulation</i>  | <b>Screen number</b> | 005 |

| No. | Audio/VO  | OST  | Visuals and Development instructions   |
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| 1.  | <p>For younger children, sensory play can be a powerful tool for mindfulness.</p> <p>Let's look at some tools for mindful sensory play.</p> | <p>For younger children, sensory play can be a powerful tool for mindfulness.</p> <p><b>Tools for Mindful Sensory Play</b></p> <ul style="list-style-type: none"> <li>• Set the Environment</li> <li>• Lead a Guided Exploration</li> <li>• Ask Reflective Questions</li> </ul> <p><i>Instructional Text: Click each tool to know more about it.</i></p> | <p><i>Show OST in sync with the VO.</i></p> <p><i>Show (You can use one of these images as a background image with 40% transparency)</i></p> <p><a href="https://www.shutterstock.com/image-photo/child-hands-playing-colored-rice-make-2214918773">https://www.shutterstock.com/image-photo/child-hands-playing-colored-rice-make-2214918773</a></p> <p><a href="https://www.shutterstock.com/image-photo/toddler-playing-sensory-game-bowl-white-2315894081">https://www.shutterstock.com/image-photo/toddler-playing-sensory-game-bowl-white-2315894081</a></p> <p><a href="https://www.shutterstock.com/image-photo/toddlers-hands-motion-inside-plastic-box-1743240338">https://www.shutterstock.com/image-photo/toddlers-hands-motion-inside-plastic-box-1743240338</a></p> <p><a href="https://www.shutterstock.com/image-photo/child-hands-creating-playdough-funny-angry-2207209861">https://www.shutterstock.com/image-photo/child-hands-creating-playdough-funny-angry-2207209861</a></p> <p><a href="https://www.shutterstock.com/image-photo/finger-painting-portrait-cute-little-boy-2171036891">https://www.shutterstock.com/image-photo/finger-painting-portrait-cute-little-boy-2171036891</a></p> <p><i>Show three tabs on the left of the screen. Clicking these will open a window to the right of the screen.</i></p> <p><i>Show only image?</i></p> <p><b>Tools for Mindful Sensory Play</b></p> <p><i>Tab 1:</i> Set the Environment</p> <p><i>Tab 2:</i> Lead a Guided Exploration</p> <p><i>Tab 3:</i> Ask Reflective Questions</p> |
| 2.  | <p>Set the environment by creating a calm, inviting space for sensory play. Use soft lighting and minimise distractions</p>                 | <p><b>Tools for Mindful Sensory Play</b></p> <ul style="list-style-type: none"> <li>• Set the Environment</li> </ul>   | <p><i>When Tab 1 is clicked.</i></p> <p><i>Show OST in sync with the VO.</i></p>   |

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|    |   |   | <p><i>Show</i></p> <p><a href="https://www.shutterstock.com/image-photo/kinderqarten-games-room-study-332757140">https://www.shutterstock.com/image-photo/kinderqarten-games-room-study-332757140</a></p>   |
| 3. | <p>As children engage with different textures, guide them with soft prompts.</p> <p>For instance, if they are playing with sand, you might say, 'Notice how the sand feels between your fingers. Is it soft? Is it cool?'</p> | <ul style="list-style-type: none"> <li>• Lead a Guided Exploration</li> </ul> | <p><i>When Tab 2 is clicked</i></p> <p><i>Show</i></p> <p><a href="https://www.shutterstock.com/video/clip-1096731817-let's-build-huge-castle-my-dears--">https://www.shutterstock.com/video/clip-1096731817-let's-build-huge-castle-my-dears--</a></p>   |
| 4. | <p>After the activity, ask reflective questions to encourage mindfulness.</p> <p>You could ask something like, “What did you like about the sand? How did it make you feel?”</p>  | <ul style="list-style-type: none"> <li>• Ask Reflective Questions</li> </ul>  | <p><i>When Tab 3 is clicked.</i></p> <p><i>Show (use any one)</i></p> <p><a href="https://www.shutterstock.com/image-photo/teacher-kids-playing-kinetic-sand-kinderqarten-2213703917">https://www.shutterstock.com/image-photo/teacher-kids-playing-kinetic-sand-kinderqarten-2213703917</a></p> <p><a href="https://www.shutterstock.com/image-photo/teacher-kids-playing-kinetic-sand-kinderqarten-2213703917">https://www.shutterstock.com/image-photo/teacher-kids-playing-kinetic-sand-kinderqarten-2213703917</a></p> |

| Topic        |  | Understanding Mindfulness Fundamentals   | Screen type  |     |
|--------------|--|--|--|-----|
| Screen Title |  | Storytime with Mindful Pauses (Ages 3-5)   | Screen number  | 006 |
| No.          | Audio/VO   | OST  | Visuals and Development instructions   |     |
| 1.           | <p>Integrating mindfulness into storytime can enhance emotional awareness.</p> <p>Let's look at the techniques you can use to make the most of your storytime.</p>             | <p>Integrating mindfulness into storytime can enhance emotional awareness.</p> <p><b>Techniques to Integrate Mindfulness into Storytime</b></p> <ul style="list-style-type: none"> <li>• Mindful Reading</li> <li>• Intentional Pauses</li> <li>• Encourage Empathy</li> </ul> <p><i>Instructional Text: Click each technique to know more about it.</i></p> | <p><b>3 Consecutive interactivities</b></p> <p><i>Show OST in sync with the VO.</i></p> <p><i>Show three clickable images with labels (these will function as tabs)</i></p> <p><i>Image 1 (Label: Mindful Reading)</i><br/> <a href="https://www.shutterstock.com/image-photo/female-teacher-reading-story-group-elementary-2319071847">https://www.shutterstock.com/image-photo/female-teacher-reading-story-group-elementary-2319071847</a></p> <p><i>Image 2 (Label: Intentional Pauses)</i><br/> <a href="https://www.shutterstock.com/image-photo/small-nursery-school-children-teacher-sitting-2319071867">https://www.shutterstock.com/image-photo/small-nursery-school-children-teacher-sitting-2319071867</a></p> <p><i>Image 3 (Label: Encourage Empathy)</i><br/> <a href="https://www.shutterstock.com/image-photo/young-teacher-cheering-calming-upset-africanamerican-2319071929">https://www.shutterstock.com/image-photo/young-teacher-cheering-calming-upset-africanamerican-2319071929</a></p> <p><i>When each image (tab) is clicked play the VO and show its related OST under the image. Do not open any type of a new window).</i></p> |     |
| 2.           | <p>To make your storytime more effective read slowly and with expression. Use different voices for characters to make the story engaging and to hold children's attention.</p> | <p>To make your storytime more effective <b>read slowly and with expression.</b></p> <p><b>Use different voices for characters</b> to make the story</p>   | <p><i>When Image/Tab 1 is clicked.</i></p> <p><i>Show OST in sync with the VO.</i></p>   |     |

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|    |   | engaging and to hold children's attention.   |   |
| 3. | At pivotal moments in the story, pause and ask reflective questions. 'How do you think this [character] feels right now? Have you ever felt like that?'   | At <b>pivotal moments in the story, pause and ask reflective questions.</b> 'How do you think this [character] feels right now? Have you ever felt like that?' | <i>When Image/Tab 2 is clicked.</i><br><br><i>Show OST in sync with the VO.</i> |
| 4. | After the story, discuss the characters' emotions and actions.<br><br>You could ask, "What could we do if we have a friend feeling like that [character]?"<br><br>This encourages empathy and helps children apply mindfulness lessons to real-life situations. | After the story, <b>discuss the characters' emotions and actions.</b>  | <i>When Image/Tab 2 is clicked.</i><br><br><i>Show OST in sync with the VO.</i> |

| Topic        |   | Understanding Mindfulness Fundamentals  | Screen type   |                      |
|--------------|---|---|---|----------------------|
| Screen Title |   | The Science Behind Mindfulness in Early Development   | Screen number   | 007 <i>Animation</i> |
| No.          | Audio/VO  | OST   | Visuals and Development instructions  |                      |
| 1.           | The science is clear: mindfulness in early years has tangible and long-term benefits.   | <b>The Science Behind Mindfulness</b>   | <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/portrait-multicultural-children-hanging-out-friends-1712657539">https://www.shutterstock.com/image-photo/portrait-multicultural-children-hanging-out-friends-1712657539</a></p>   |                      |
| 2.           | <p>Studies, such as those from the 'Early Childhood Research Quarterly', show that mindfulness practices are linked to improved attention, better emotional regulation, and increased compassion in young children.</p> <p>These foundational skills are crucial not only for early learning but also for their entire life trajectory.</p> | <p><b>Mindfulness Practices are Linked to</b></p> <ul style="list-style-type: none"> <li>• Improved Attention</li> <li>• Better Emotional Regulation</li> <li>• Increased Compassion</li> </ul> | <p><i>Retain the OST and fade out the image.</i></p> <p><i>Show OST in sync with the VO.</i></p> <p><i>Show</i></p> <p><i>Improved attention</i><br/> <a href="https://www.shutterstock.com/image-photo/montessoripreschool-class-listening-teacher-on-carpet-37679005">https://www.shutterstock.com/image-photo/montessoripreschool-class-listening-teacher-on-carpet-37679005</a></p> <p><i>Emotional regulation</i><br/> <a href="https://www.shutterstock.com/image-photo/group-elementary-pupils-classroom-listening-teacher-138148649">https://www.shutterstock.com/image-photo/group-elementary-pupils-classroom-listening-teacher-138148649</a></p> <p><i>Compassion</i><br/> <a href="https://www.shutterstock.com/image-photo/little-brother-sister-hugging-home-567226624">https://www.shutterstock.com/image-photo/little-brother-sister-hugging-home-567226624</a></p> |                      |

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| 3. | <p>Mindfulness isn't just a short-term solution; it's a lifelong gift.</p> <p>Research from the University of California, Los Angeles (UCLA), found that children who practice mindfulness demonstrate enhanced executive functions like planning, organising, and impulse control.</p> | <ul style="list-style-type: none"> <li>• Enhanced Executive Functions like Planning and Organising</li> <li>• Higher Impulse Control</li> </ul> | <p><i>Retain the OST and remove the images.</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/elementary-school-computer-science-classroom-cute-1787104178">https://www.shutterstock.com/image-photo/elementary-school-computer-science-classroom-cute-1787104178</a></p> <p><a href="https://www.shutterstock.com/image-photo/smart-little-girl-does-homework-her-1447982693">https://www.shutterstock.com/image-photo/smart-little-girl-does-homework-her-1447982693</a></p> |
| 4. | <p>These skills are essential for academic success and overall well-being for the rest of their lives.</p>  |   | <p><i>Retain the OST and remove the images.</i></p> <p><i>Show</i></p> <p><a href="https://www.shutterstock.com/image-photo/group-student-learn-teacher-classroom-elementary-2279519195">https://www.shutterstock.com/image-photo/group-student-learn-teacher-classroom-elementary-2279519195</a></p>  |



| Topic        |   | Understanding Mindfulness Fundamentals  |   | Screen type   |     |
|--------------|---|---|---|---------------|-----|
| Screen Title |   | Conclusion  |   | Screen number | 008 |
| No.          | Audio/VO  | OST   | Visuals and Development instructions  |               |     |
| 1.           | Let's embrace this opportunity to nurture mindful minds. Together, we can lay a strong foundation for our children's future.  | Let's nurture mindful minds and lay a strong foundation for our children's future.  | <p><i>Show OST in sync with the VO.</i></p> <p><i>Show (Make the images appear for VO in Events 1 and 2)</i></p> <p><a href="https://www.shutterstock.com/image-photo/beautiful-preschool-teacher-her-group-students-773773993">https://www.shutterstock.com/image-photo/beautiful-preschool-teacher-her-group-students-773773993</a></p> <p><a href="https://www.shutterstock.com/image-photo/little-children-kindergarten-teacher-drawing-table-1504973153">https://www.shutterstock.com/image-photo/little-children-kindergarten-teacher-drawing-table-1504973153</a></p> <p><a href="https://www.shutterstock.com/image-photo/group-preschooler-kids-playing-musical-toys-1323298685">https://www.shutterstock.com/image-photo/group-preschooler-kids-playing-musical-toys-1323298685</a></p> |               |     |
| 2.           | <p>Remember you have simple but very powerful and effective techniques that you can use to nurture mindfulness.</p> <p>Thank you for joining me on this enlightening journey. Stay mindful, and let's watch the wonders it brings to our Happy, Healthy Learners.</p> | <p><b>Tangible Tools</b></p> <ol style="list-style-type: none"> <li>1. Consistent and Mindful Greeting (starting the day with deep breaths)</li> <li>2. Guided Visualisation Session</li> <li>3. Sensory Play for Emotional Regulation</li> </ol> | <i>Retain the above and add OST (it is not synced).</i>   |               |     |

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|  |  | 4. Mindful Reading |  |
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