



Presents ...

# The Resource Exchange

News from the ECCDC Lending Library

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As children navigate changes in their lives at home, in their families, and in their schools, feelings of worry, anticipation, and excitement will be brought into classrooms and early learning centres. The ECCDC offers educators a variety of resources to help support children with emotional regulation, including resources which offer the opportunity to create safe spaces for calming down and the practice of mindfulness.



## Provocation for Learning Kits Available for Borrowing



### Taking Care of Myself: Calm Down Box

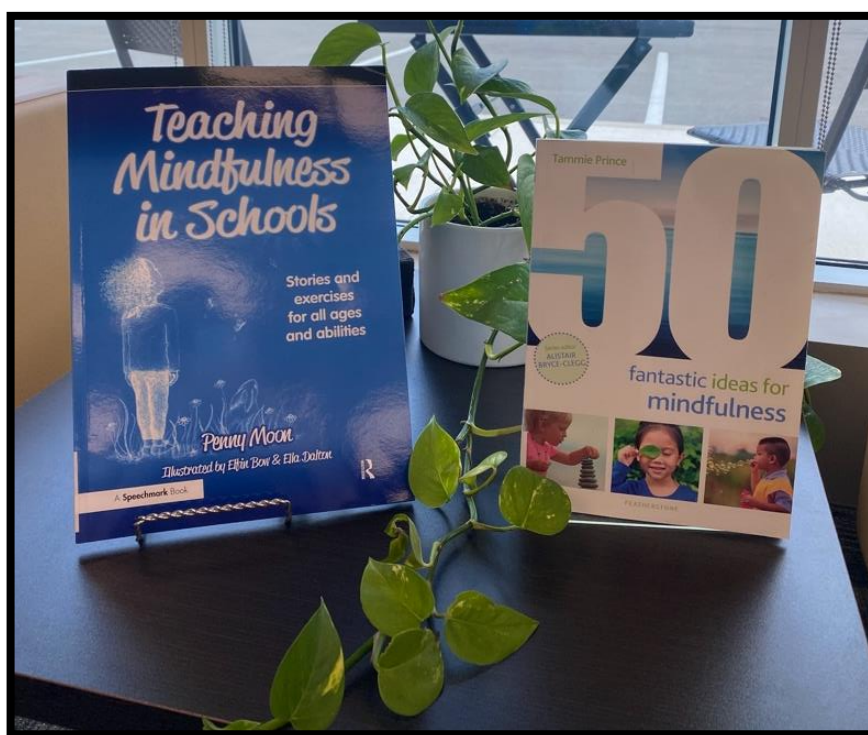
This provocation for learning kit includes a variety of sensory and fidget toys to support children in reflection and de-stressing. In addition, the children's book *The Way I Feel*, introduces complex emotions and basic coping skills.

### Taking Care of Myself: Resources to Support Mindfulness for Young Children

This provocation for learning kit is a great resource to support educators in introducing mindful thinking, including picture books on this topic and fidget toys to help with calming down.



## Literature Resources for Early Learning Educators



### Teaching Mindfulness in Schools Penny Moon

Penny Moon provides a collection of mindfulness stories, exercises, and activities to incorporate in classrooms regardless of age or ability. Explore this publication for tips on encouraging mindful breathing, kinesthetic experiences, and self-reflection in your classroom.

### 50 Fantastic Ideas for Mindfulness Tammie Prince

Tammie Prince introduces educators to 50 simple, low-cost, enjoyable activities to help young children be more mindful inside and outside of the classroom.



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## Sarah's Scope

Sarah McTavish, ECCDC Summer Intern

### 6 Simple Ways to Introduce Children to Mindfulness:

- **Encourage children to be mindful of body sensations.** Remind them to notice and name bodily experiences, thoughts, and emotions.
- **Introduce children's books related to mindfulness.** Normalizing the practice of mindfulness through everyday experiences such as story time can help children to incorporate it in their everyday routines. Check out this link for a list of children's books on mindfulness: [Click here](#)
- **Make time for children to spend outdoors.** For an outdoor experience to encourage mindfulness, the children should be given the opportunity to explore the environment at their own pace. Taking children on a mindful nature walk is a great way to schedule this into a routine.
- **Practice belly breathing with children regularly and during times of worry.** Belly breathing automatically turns on the relaxation response in the body. Follow these steps to try belly breathing:
  1. Place one hand on the chest and one hand on the belly.
  2. As you inhale, fill up the belly like a balloon and as you exhale, allow the balloon to deflate.
- **Schedule time for independent reflection.** Many children thrive in group settings, but everyone needs some time to be by themselves to process and reflect upon the day's events.
- **Lead by example.** You can model mindfulness through your everyday actions as an educator/carer. For tips on how to incorporate mindfulness in your professional practice, see below.

### 3 Strategies to Support Educators in Incorporating Mindfulness into Professional Practise:

- **Practise gratitude.** Plenty of research suggests that by actively and intentionally practicing gratitude, individuals experience increased creativity, better health outcomes, and more positive working relationships. You can begin by making a mental note of things that you are grateful for or sharing these with co-workers, friends, and children. A written gratitude journal is also a great way to incorporate gratitude into your everyday routine.
- **Accept what you cannot change.** At the heart of mindfulness, is acceptance. To be mindful is to accept the present moment as it is. Working and living with children can bring some unexpected circumstances into your everyday life. Make a concerted effort to accept the events that have already happened, rather than dwelling on what you could have done to prevent it. From here, focus on collaborating with the necessary people to solve the situation, learn from the mistakes and move on.
- **Adopt a growth mindset.** People with a growth mindset believe they can improve their intelligence and talents with effort. Try to view the current state of your intelligence and talent as a starting point, rather than a fixed state. People with this mindset have a love of learning and demonstrate greater resilience.

Source: The New York Times



## Connor's Corner

Connor Walsh, ECCDC Summer Intern

### Free and Structured Colouring as a Method of Stress Reduction in Children

- In a study by Carsley et al. (2015), researchers discovered a correlation between stress-reduction in young people and participation in both free and structured colouring activities.
- It was found that children who live with ADHD and/ or those who have trouble with fine-motor skills do not experience stress-reduction when participating in structured mandala colouring; however, these children do benefit from free colouring activities.
- Check out this link for free printable mandala colouring sheets: [Click here](#)





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## Read More on Mindfulness & Calming Down on the ECCDC Blog!

- Read “Calming the Chaos”: [click here](#)
- Read “Making Sense of Sensory Play”: [click here](#)

## Helpful Links for Educators to Share with Families on Introducing Mindfulness & Calm Down Centres

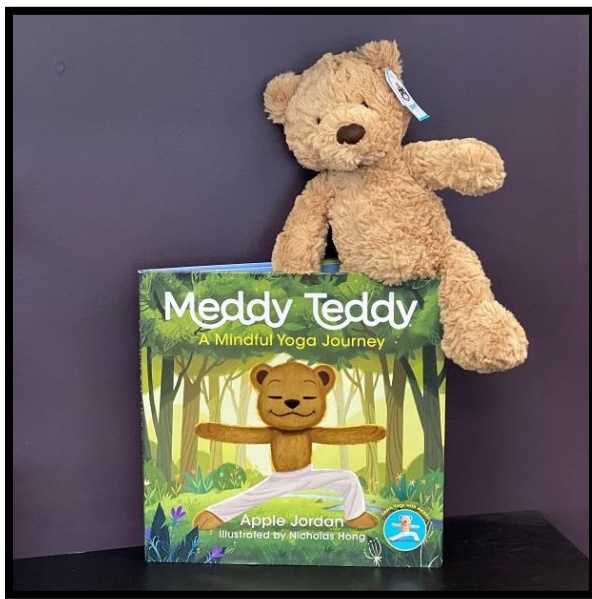
- Read “Creating a Calm Down Corner at Home”: [click here](#)
- Listen to the Podcast “The Benefits of Positive Affirmation for Kids and Parents”: [click here](#)
- Read “Calm Down Corner in Early Learning Classrooms”: [click here](#)
- Read “How to be More Mindful at Work”: [click here](#)



## Calm Down Kits Available for Purchase on the E-Store <https://eccdc.org/estore>

### Affirmation Station Kit

This kit provides educators with the tools necessary to set up an Affirmation Station in their classroom to provide children with a safe place to calm down, reflect, and engage in mindfulness. The kit includes 20 self-affirmation cards, card holders, and a mirror to encourage children to freely practice positive affirmations.



### Meddy Teddy Kit

This kit comes with the story book Meddy Teddy, which introduces children to a variety of yoga poses to try throughout the story. Included also is the plush toy, which children can hold while reading and use to model the poses within the story.

### DIY Busy Board Kit

This kit provides educators with the materials needed to construct a “busy board”. Busy boards incorporate a variety of sensory experiences to improve focus and mindfulness in young children through independent fine and gross motor activities.

