



HEALTH AND HAPPINESS

May We Be



Learning to 'be' in this place and time is an important aspect of wellbeing, especially while we spend long periods of time together at home.

Kindergartens and Early Learning and Care services provide time each day for children to spend outside, to ground themselves On Country and just 'be' with their surroundings. Setting aside time each day to do this, will not only support positive routines but allow for children to stop, reset and get ready to take on what's next.

WHAT YOU NEED:

Open space (outdoors is great but indoors works too)

Open, conscious thoughts will help frame this moment:

- May we be happy.
- May we be healthy and strong.
- May this exhausting time together make our bond stronger.
- May we have compassion for each other.

- Ref: David Gelles, [The New York Times I Well, Mindfulness for Children](#)



WHAT LEARNING IS HAPPENING?

- Children are supported to feel comfortable in the here and now.
- Children grow in their capacity to manage their wellbeing.
- Children become aware of the environment surrounding them.
- Older children are able to lead their own explorations as they are encouraged to be curious and enthusiastic in their learning.
- Younger children are able to point, follow your lead, as well as lead to within their interest.
- Spending time outdoors promotes children's physical and cognitive development and their ability to assess risk.

WHAT YOU COULD DO:

If you are able to, step outside and find a spot, even if it is on your nature strip. Alternatively, all these things can also be done inside by an open window. You can choose to stand, sit, lie or walk around.

Soak in your surroundings and use your senses to hear, see, touch, taste, and smell what is happening around you.

Pause for as long as you are able with your baby, toddler or child, use some of the words and phrases below and take a deep breath together before moving to explore your next sense.

WORDS OR PHRASES TO USE:

- Can we count a deep breath in together... 1,2,3,4,5.
- Ohhhh, I can see a bird (show where the bird is and point to the bird), can you say bird, let's say bird together (see, show, say).
- I'm going to run my hands and feet through the grass, would you like to do that?
- Are there any birds in the tree, dogs barking, sirens sounding?
- What can you see out the window?
- Let's look together to find...
- What can you hear outside?
- Give long pauses and time for children to ponder these questions.



WHERE TO NEXT?

- If you are able to practice this each day, what are some of the differences you notice together as the week goes on?
- If you change the time of day to practice 'just being', do you see, hear, smell, taste and feel different things?
- Take an 'I SPY' walk and see what natural materials you can collect on your adventure - leaves, feathers, gum nuts.

