



Mindful Moment

Taking time to use your senses to bring awareness to everything around you helps promote mindfulness in the moment. Encourage children to use their senses to explore the environment! Throughout the day, take a few moments to focus on the environment around you. Encourage children to take note of what they see, hear, smell, feel, or taste. Have them describe or ask questions about their experience.

Narrate and Encourage in the Moment Observations

“You bit into that apple. Can you tell me how it tastes?”

“Let’s stop for a moment and listen to the sounds. What do you hear?”

“You were looking at the ants crawling during our mindful moment. What do you think they were doing?”