

# Mind Time



# Provocations

In a busy playroom, it can be a challenge to find a space to be quiet and reflective with no distractions. Create a little nook – it could be in a tent or create a 'den' like space with fabric that is neutral and can fit three or four people in, with space for each of them. Explain that for this wee session of quiet time, we don't need to talk.

If we want to, we can whisper or use our eyes and hands to signal instead of words.

## Silent Sitting

Explain to the children how difficult you find it to sit quietly and just think. Explain that you love to chat and be busy, but sometimes you would love to have time to just be still and do nothing.

Ask them to help you find time to think. Suggest you all get comfortable sitting, lying or lounging on a bean bag. Explain that you are going to count to ten in hums. Then again with finger taps, then finally in your head. Repeat a few times. Then sit as quiet and still as can be. Judge how the children are feeling and stop when is appropriate. Never force children to sit quietly, they should be invited and want to do it.



# Irresistible Ideas

## My Hands

As you sit with the children, explain in quiet tones that you would like to look at your hands and think about them.

Suggest that they watch you while you gently rub your palm and then the back of your hand, using each finger on the palm side, then the flip side. Invite them to do it with you, while you repeat it. Do it slowly on both hands, then say to them you are going to gently tap each little nail and trace the lines on the palms of your hands

(remember their hands are much smaller than yours so they will be much quicker than you).

Next, invite them to move each finger, one at a time.

Say one of these little rhymes.

Fingers dancing  
Fingers prancing  
Up and down,  
up and down  
All around, all around

Here are my wee fingers  
Here are my wee toes  
Here is my wee belly  
button  
And my tiny nose!



## Heads Up

Again, sitting quietly in a suitable space, explain to the children you are hoping to still be quiet and think of your favourite things. Invite them to suggest what they may think about.

What is their favourite thing, story, place to eat or place to be?

Demonstrate and whisper, they can watch or join in straight away. Or join in on your repeat.

*Place hands on my head, on my cheeks on my ears. (repeat)*

*With my hands on my head, close my eyes for 3.*

*Open them wide, look left and then right (repeat)*

*With my hands together, close my eyes for 5.*

*Open them wide and look left and then right (repeat)*

*Place my hands on my legs, on my knees and my toes.*

*With my hands on my legs close my eyes for 10.*

