

*Learning together...*

**Curriculum Area:** Spirituality

**Recommended for:** 2 years plus

**Learning Activity:** Smell the Flower

## Big Idea:

Reflective Moments

## What to do:

Place a mirror, or reflective surface in front of your child. Alternatively, find a space in your home where they can see their reflection (window or bathroom mirror). Give them a flower or fragrant herb such as rosemary to smell. Encourage them to also use other senses such as sight, touch and taste (if plant is edible)

## Benefits:

Mindfulness encourages children to be present in the moment, and can be a valuable way to connect as a family. When present, children will often become calmer and more able to recognise and regulate their emotions. Asking questions about their thoughts about the world around them, tells the child that they are heard and valued.

## Links to Early Years Learning Framework:

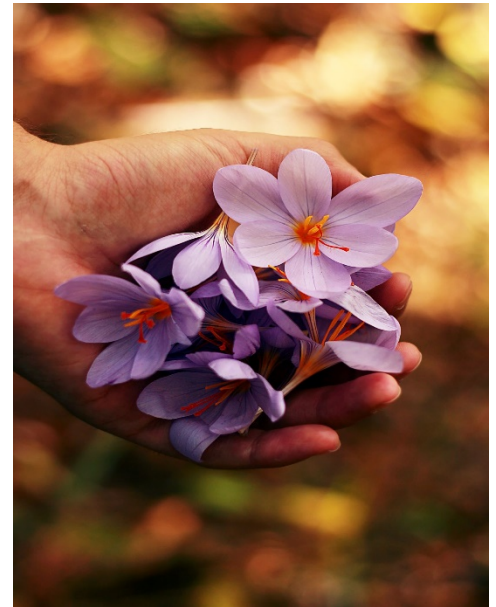
*Outcome 1.1: Children feel safe, secure and supported*

*Outcome 1.2: Children develop their emerging autonomy, inter-dependence, resilience and sense of agency*

*Outcome 3.1: Children become strong in their social and emotional wellbeing*

*Outcome 4.4: Children resource their own learning through connecting with people, place, technologies and natural and processed materials.*

*Outcome 5.1: Children interact verbally and non-verbally with others for a range of purposes*



*Photo by Shot By Ireland on Unsplash*