



VAIKYSTĖS SODAS



# The Benefits of the Mindful Minutes in Early Childhood

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25.000





# Emotional Regulation



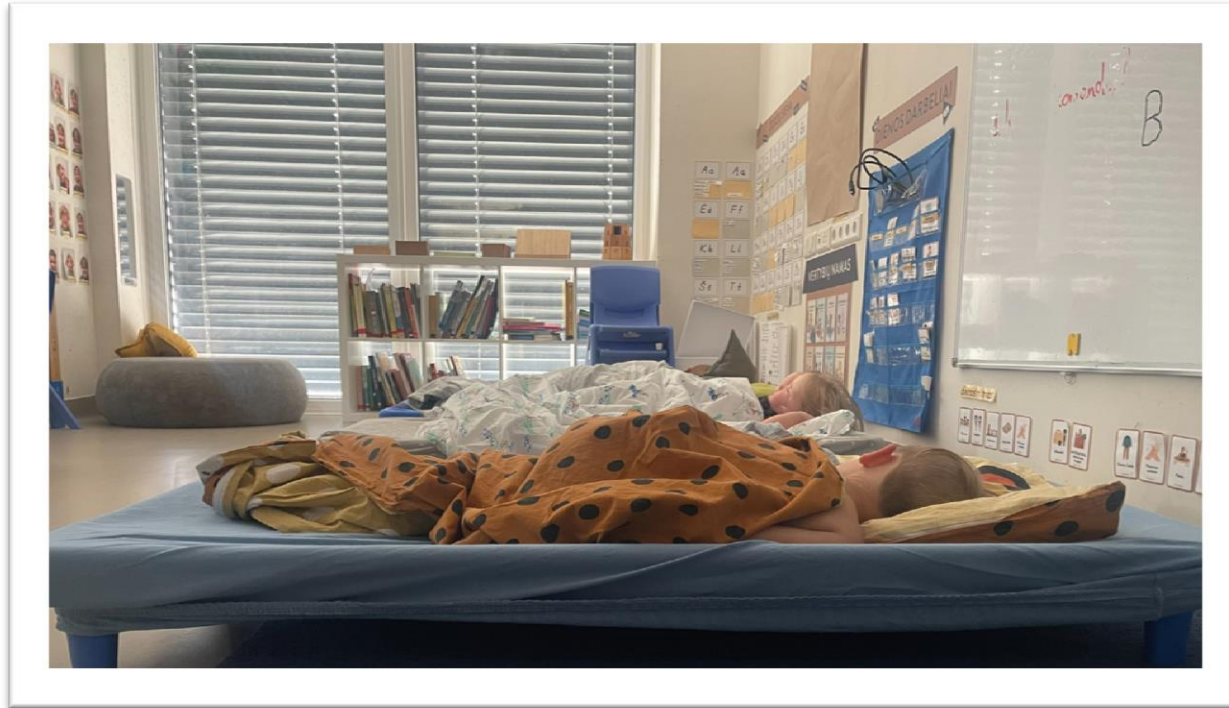
# Increased Focus and Attention



# Stress Reduction



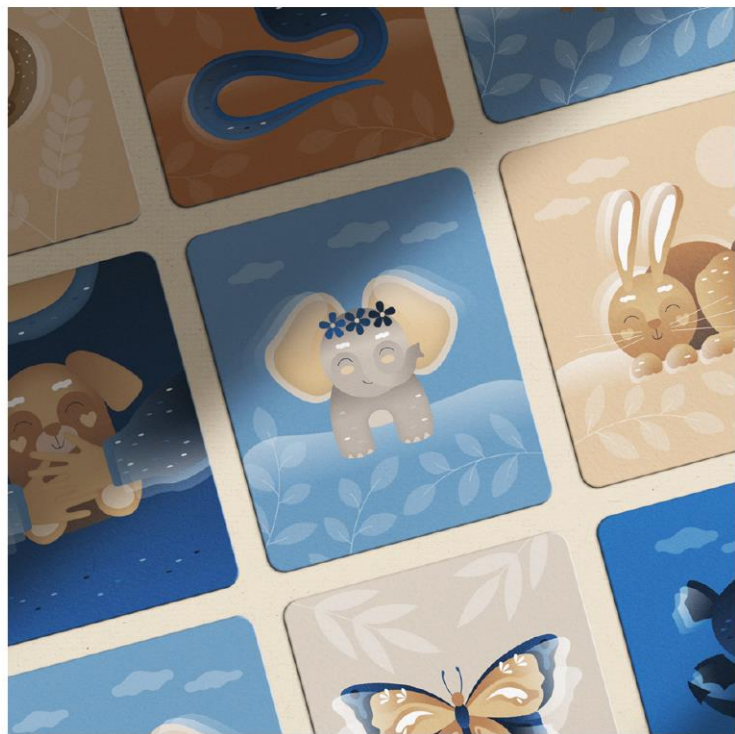
# Improved Sleep Quality



# Self-regulation and Body Awareness



# Keep it simple

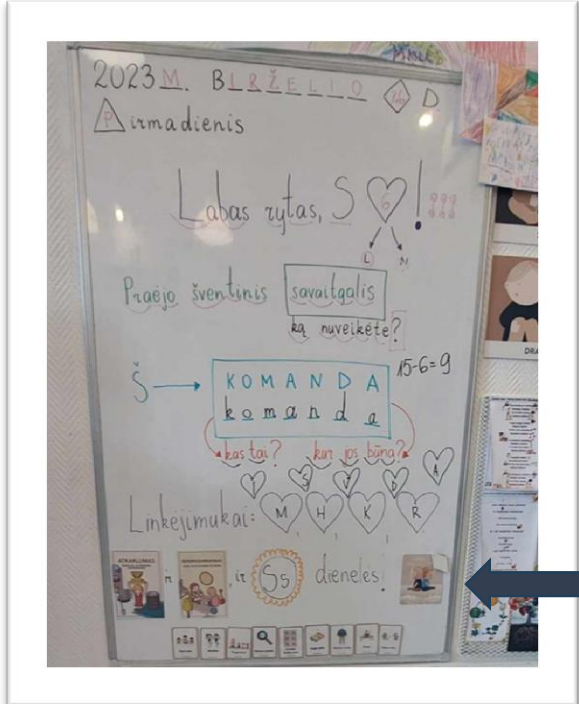




# Find the right time



# Use visual aids



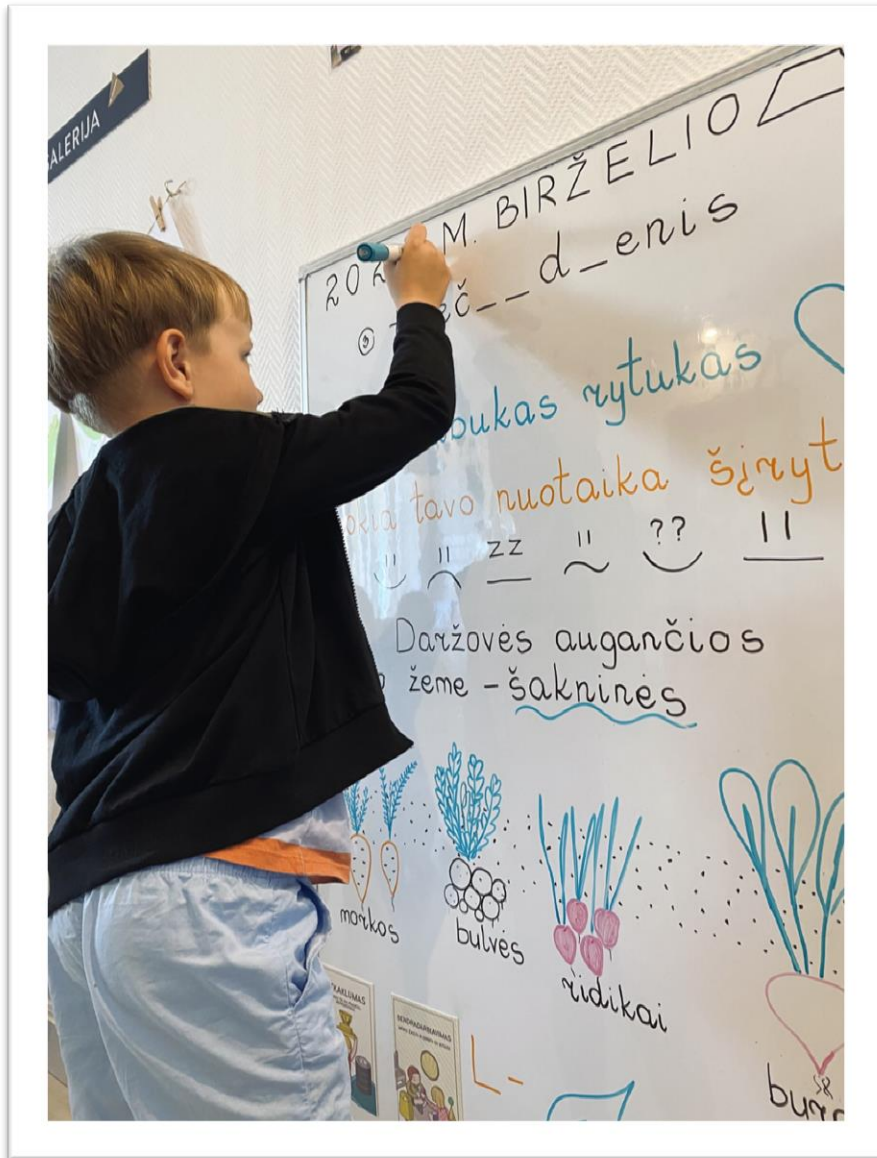


**Make it fun**



# Practise during calm moments and use guided activities





**Be a role model and practise regularly**



# Let's Breathe!

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