

The Importance of Meditation in Early Years

At the end of each busy day in nursery, we dedicate the final 20 minutes to calm, reflective time. This often begins with gentle yoga stretches and breathing exercises before moving into a more traditional relaxation period where the children lie quietly and practise stillness.

Each child is encouraged to lie comfortably on their own mat while calm music plays softly in the background. Gentle light projections are displayed on the ceiling, creating a peaceful and soothing atmosphere.

This time is incredibly important.

After a full day of learning, exploring, moving, socialising and problem-solving, children need space to pause, reset and unwind before returning to the busy pace of home life. Just as adults benefit from moments of calm, reflection and mindfulness, children need these opportunities too.

Meditation Matters for Young Children

As adults, we understand that meditation can:

- Reduce stress
- Improve focus and concentration
- Support emotional wellbeing
- Lower blood pressure and heart rate
- Improve sleep quality
- Increase self-awareness
- Build resilience



Research shows that regular mindfulness practice can even positively influence brain structure and function, supporting emotional regulation and cognitive development.

Children experience stress as well — from social interactions, new learning experiences, transitions and sensory stimulation. Their nervous systems are still developing, and they are learning how to understand and manage their emotions.

Meditation helps them build those skills early.

Teaching Children to Respond, Not React

Meditation provides children with essential “unplugged” time. In a world filled with noise, screens and constant stimulation, stillness is a powerful gift.

Through simple techniques such as:

- Gentle breathing exercises
- Body awareness (body scans)
- Visualisations
- Quiet reflection



Children begin to learn how to observe their thoughts, feelings and sensations rather than immediately reacting to them.

This supports:

- Emotional regulation
- Self-control
- Greater patience
- Improved peer relationships

Instead of becoming overwhelmed by big emotions, children slowly develop the ability to pause, breathe and respond calmly.

Key Benefits of Meditation in Early Years

Regular mindfulness and relaxation time can support:

Improved Focus and Concentration

Children learn to filter out distractions and strengthen their attention span — skills that directly support school readiness and learning.

Emotional Regulation



By practising calm breathing and stillness, children gain tools to manage feelings such as frustration, sadness or anger.

Reduced Stress and Anxiety

Meditation lowers heart rate and helps regulate the nervous system, reducing stress levels and promoting a sense of safety and calm.

Better Sleep and Relaxation

Relaxation techniques help children settle more easily at bedtime and improve overall sleep quality.

Increased Self-Awareness

Children begin to recognise how their body feels when they are calm, upset, excited or tired — an essential life skill.

Building Lifelong Skills

In the fast-paced world we live in today, giving children the tools to slow down, breathe and centre themselves is more important than ever.

By incorporating meditation into our daily nursery routine, we are not simply encouraging children to “be still.” We are helping them to:

- Develop resilience
- Strengthen emotional wellbeing
- Build coping strategies
- Support positive mental health
- Establish healthy lifelong habits



These are skills that will benefit them not only in school, but throughout their lives.

Supporting Calm at Home

Families may wish to continue this routine at home by:

- Creating a short daily calm time (even 5 minutes)
- Playing soft music before bedtime: Please ask as we can share the music that we listen too
- Practising simple breathing exercises together
- Using guided children’s meditations
- Encouraging quiet reflection after busy days

Consistency helps children feel secure and strengthens the benefits of the practice.

A Calm Ending to a Busy Day

Our meditation time is a peaceful and meaningful part of the nursery day. It allows children to leave us feeling regulated,

Just as movement supports their physical development, stillness supports their emotional and

Both are essential.



centred and emotionally settled.

physical development, stillness mental wellbeing.