

One Page Resource: Mindfulness and Attunement

Mindfulness is a state of active, open attention on the present. When you're mindful, your thoughts and feelings lead to awareness, without judgment. Teachers must actively engage in mindfulness or in other words be present in the moment and pay attention with a purpose. Ask yourself, *What can I learn by being deeply aware of the experiences unfolding for children in their daily lives?* Teachers reflect on their experiences, observations, ideas, and concepts in order to plan, prepare and be intentional in their practices. Mindfulness is the key to decision making.

Attunement is being aware of, and responsive to, another; in other words, being in sync with one another throughout the process of learning and exploring. In reflecting on this, teachers may ask themselves the following questions and utilize the reflective approach:

- How does this child feel?
- Is he/she interested, engaged, capable of listening to what I want to say?
- What is the best way to communicate this idea, fact, concept to him/her in this moment?
- What will engage, encourage, and excite him/her about this activity?

“The core of good teaching is Attunement”

-Dr. Bruce D. Perry

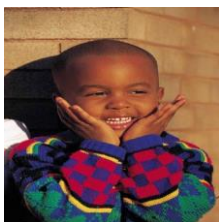
📖 Strategies for PreK Teachers to be Mindful in their decisions.

1. Teachers observe children in their natural environment and learn their individual strengths, vulnerabilities, and preferred style of communication.
2. Teachers provide a safe, encouraging environment for all children.
3. Teachers are receptive to the children’s individual needs and support children's natural sense to problem-solve and investigate both materials and the learning environment.
4. Teachers provide multiple opportunities for all children to feel successful.
5. Teachers scaffold children’s learning through play by providing materials and activities that are challenging but not frustrating.
6. Teachers are available and provide responsive feedback that avoids judgment, negative statements, and leading questions.
7. Teachers provide a classroom atmosphere that allows children time to process, react, question, and suggest ideas or concepts without being rushed or hurried.
8. Teachers have developmentally appropriate expectations for each individual child.



📖 Strategies for PreK Teachers to be Attuned with individual children.

1. Remember that each child is unique with their own style of engagement and communication.
2. Remember that each child has individual strengths and vulnerabilities.
3. Remember that each child has an ever-changing life story and attuned teachers are sensitive to this.
4. Remember that each child has their own temperament.



Most Important - Remember that your position is very influential and your words, actions and expressions can be perceived in a magnified way, good and bad. Remember that the most powerful non-verbal communication instrument is your face.

“A teacher’s criticism can feel crushing, but your approval will be motivating, energizing and powerful.”

-Bruce D. Perry MD, PHD

References:

Perry, B.D. (2009). Attunement: Reading the rhythms of the child.

Jacobs, G. & Crowley, K. (2007). Play, projects, and preschool standards.