



NB: This was posted on my [LinkedIn](#) account.

With CMC in the air, it got me thinking about what children can teach us.

I recently worked with [Andrew Williams](#) on a great project for Sky Kids, producing short content including makes and dances. The children involved ranged from 5-8, and it was one of the most wonderful weeks of filming I've experienced.

Here are just three of the many things I learnt from them:

1. Be in the moment.

We adults rave about multitasking, but there's less stress in life when you're 100% focused on a single task. The attention they bring when doing something such as painting a rainbow is a marvel to witness. What could we achieve if we switched off all distractions and engaged in such mindfulness?

2. Everyone can be a friend.

Children are so curious about other children, and super keen to find out everything about them. When our performers greeted other for the first time, they were charged with the natural desire to create a positive space. What if we just assumed every stranger was already our pal?

3. You are beautiful.

Everyone is different, and children automatically accept that. Nobody felt like they had to hide away or pretend to be something they weren't. It didn't matter if you made a mistake because everyone was on your side to help you try again with a spirit of kindness. How could workplaces make people feel this way too?

So often we get bogged down in work stress and drama, but for children, there can be joy in any situation if you look for it.

Check out the Sky Kids linear channel to see our brilliant kids in action!

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