



Movement
& Mindfulness
Programme





What it's all about

Our Movement and Mindfulness programme is designed with your child's future in mind, focusing not only on developmental outcomes set out in the Early Years Foundation Stage (EYFS) but also on instilling skills that will serve them for life. It is best compared to a traditional PE programme, but ours encompasses much more.

Our programme engages children in a variety of fun activities, that not only help them develop physically but also enhance their social and emotional skills.

From learning ball skills to exploring balance and stability through dance and yoga, every activity is carefully chosen to promote growth and learning.

But it's not just about physical development. We also prioritise the well-being of your child's heart, body and mind. Through mindfulness practices, we teach children to listen to their bodies, learning deep breathing and develop a positive mindset. This sets the stage for resilience and confidence, helping them bounce back from challenges and thrive.



Each week, your child will participate in sessions tailored to their age group.

Let's talk about OUR SESSIONS...

Our Movement and Mindfulness Programme caters to children of all ages and stages, from babies to pre-schoolers. Our programme is carefully designed to grow with your child, offering a progressive learning journey that evolves alongside their development.

Flexibility is key to our approach. Whether we're indoors or outdoors, our activities are adaptable to suit various environments. Our educators are adept at extending the learning experience, ensuring that each session is both stimulating and enjoyable for every child.



1 How sessions begin

Our sessions begin with lively warm-ups, where children learn about the importance of preparing their bodies for movement.

Using child-friendly language (think of our muscles as stretchy rubber bands!), we make learning about health and fitness fun and engaging.

2 The session

The session then flows into the heart of our programme - our dynamic activities. Carefully crafted to promote skill development and learning in a playful setting. From ball skills to balance exercises, children engage in activities that stimulate heart, body and mind.

3 How the sessions end

As each session draws to a close, we gather for a soothing cool-down. Here, we take time to rehydrate and reflect on our well-being and be in the moment. Through practices like feeling our hearts beat and practicing deep breathing, children learn valuable mindfulness techniques that support their emotional development and awareness of their bodies. We end each session on a positive note by reading our First Friends Positive Affirmations Poem. This ritual promotes self-esteem, resilience, and a positive mindset, setting the stage for a lifetime of success and happiness.

What are the benefits of the programme?

Physical development

Engaging in activities like tummy time and early walking promotes the development of gross motor skills, muscle strength, and coordination.

Cognitive development

Movement activities stimulate brain development and enhance cognitive functions such as attention, memory and problem-solving.

Emotional regulation

Mindfulness practices teach children how to manage their emotions, reducing stress and promoting emotional well-being from a young age.





Behaviour regulation

Mindfulness practices help children learn to self-regulate their behaviour, promoting calmness and concentration, which are crucial for learning and social interactions.

Sleep quality

Regular physical activity can improve sleep patterns in young children, leading to better rest and overall health.

Language development

Movement-based activities provide opportunities for language learning through verbal instructions, songs, and storytelling, supporting language acquisition and communication skills.

Confidence and self-esteem

Mastering new movement skills and mindfulness techniques boosts children's confidence and self-esteem, laying a strong foundation for future success.



School Readiness

At First Friends, we understand the importance of preparing children for the transition into school, which is why our Movement and Mindfulness Programme is designed to provide comprehensive support in this crucial stage of development.

Fundamental Skills Development

Our programme is meticulously crafted to promote the development of fundamental skills such as balance, coordination, and spatial awareness. These skills form the bedrock of school readiness and academic success, empowering children to navigate the physical demands of the school environment with confidence.

Dressing Skills

We encourage our pre-schoolers to change into their movement and mindfulness t-shirts prior to the session, giving them opportunity to practice dressing skills independently. This not only prepares them for PE sessions in school but also promotes self-care and independence, ensuring they feel confident and capable in managing their personal needs.



Confidence and resilience

Through a supportive environment that encourages exploration and learning, our programme nurtures children's confidence and resilience. By overcoming challenges and celebrating achievements, children develop the emotional tools necessary to navigate new experiences in school and beyond with resilience and determination.

Teamwork and friendship building

Collaborative activities within our programme promote teamwork, cooperation, and friendship building. These experiences prepare children for the social interactions they will encounter in school, helping them forge positive relationships with peers and developing a sense of belonging within a community.

Mindfulness for focus and learning

Mindfulness practices incorporated into our programme enhance children's ability to focus and concentrate. By teaching them to be present in the moment and regulate their emotions, we support their readiness to engage in learning activities and adapt to the school environment effectively.

Our pre-school children change into their Movement & Mindfulness T-shirt before their session.



"The girls have both loved the exercise sessions! We have even played 'silly toes/good toes' at home! The girls both love dancing and we do it lots at home so anything that involves that is always a winner!" Parent Endorsement

"Our child particularly looks forward to exercise day and often asks when it is".
Parent Endorsement

"She gets excited to know when "PE" day is and that evening she will get us to find the song so she can show us what she's been doing. "Down in the jungle" is popular at the minute".
Parent Endorsement

