

Planting Seeds of MINDFULNESS



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NURTURING YOUNG MINDS

I think we can agree that children today are under more stress and strain than those of previous generations. The world is operating at lightning speed and children are facing increased demands in the classroom, days filled with technology and endless amounts of social stress both online and off. Now more than ever it is essential to instill habits of mindfulness in order to set the stage for both a successful and peaceful future.

One way of nurturing children's awareness is by creating a serene space dedicated solely for their learning and mindfulness. A well thought out design can promote creativity, focus and clarity which empowers children to learn to operate from a place of peace, not chaos.

It can be challenging to find designated space in a condominium, but even the smallest of spaces can be transformed. Some things to consider when planning your space:

SELECTING THE PERFECT SPOT

Lighting is one of the most important features of a mindful, creative space. Natural sunlight has a positive impact on mood as well as cognitive function. Choosing a space near a window allows for calming energy from the outdoors to come in and helps to recharge young minds during study breaks.

CLEAR THE CLUTTER, CLEAR THE MIND

Nothing stagnates creativity like clutter. When decorating the space, a minimalist theme is best. Sort and organize items into concealed bins, or even better, move them out of the space entirely. A clear, organized desk helps to maintain focus and reduces stress.





ERGONOMICS & COMFORT

Never underestimate the value of a comfortable chair! When planning your child's study space, always be sure to keep their physical well-being in mind. Invest in an ergonomic chair and desk that is size appropriate for their age. This will promote good posture as well as good mental focus.



MINDFUL DECOR

Choose a colour scheme that creates a sense of calm and that is conducive to concentration such as soft pastels of pink, blue, green and yellow as well as earth tones. Avoid primary colours that can be overstimulating.

Adding plants to the space brings the outdoors in and provides a plethora of benefits. Not only does it enhance the visual appeal of your space, but it also cleans the air as well as helps increase both productivity and creativity.

MAKE IT PERSONAL

When creating a designated space for a child, nothing will get them more excited than having input. Allow them to customize their space with artwork, vision/bulletin boards and other personal touches. This will create a sense of ownership, making it their very own "special space" for learning, exploring and relaxing.

MAKE MINDFULNESS A HABIT

Childhood is the perfect time to begin introducing mindfulness habits as a part of daily living. Teaching your child to take short, but focused breaks including deep breathing, stretching and sensory awareness enhances focus, reduces stress, and promotes a sense of emotional balance that will last a lifetime.

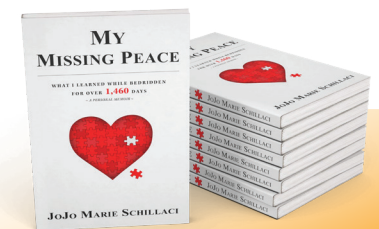
MINIMIZE TECHNOLOGY

In today's digital age, managing screen time is crucial for overall well-being, most especially in young minds. Designating set times for digital learning and play is critical in creating balance. Schedule technology breaks into study time and encourage kids to engage in screen-free activities that nurture calm and relaxation.

Creating a mindful study space for children is an investment in their development as a whole. By providing them with an environment that supports

healthy study habits and by building a foundation of mindfulness, we are setting the stage for them to succeed not just in their school years, but for their future years as well.

It's always about taking small, but steady steps forward by making small, yet powerful changes each day. Don't get overwhelmed, just keep taking that next right step...*it simply begins with you!*



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