

Hugarró

e. Peace of mind



María Aldís Sverrisdótti
Børnehave: Hulduheimar Akureyri

Breathing exercise

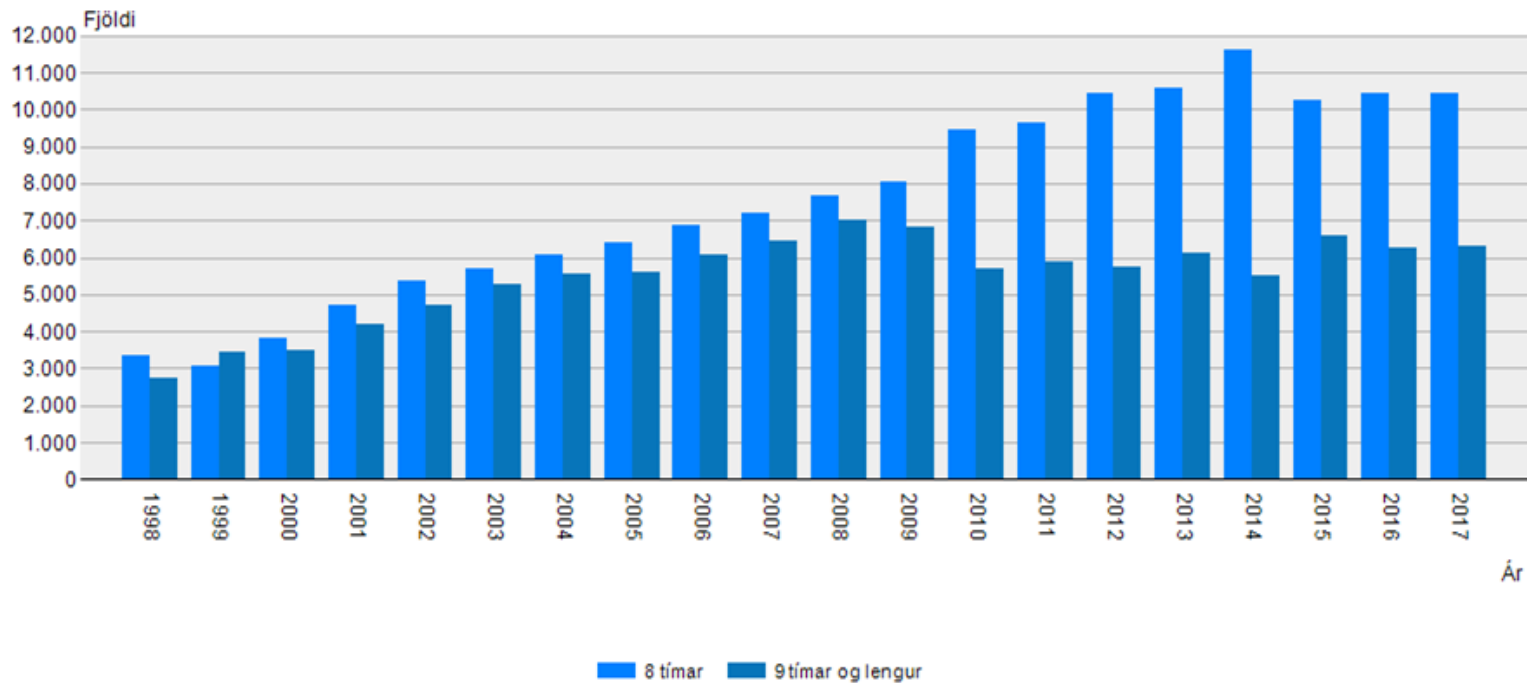


The project Hugarró

- Development project that started in the fall of 2017.
- The teacher's group was interested in participating in development project that focused on meditation, yoga, relaxation and breathing exercises.
- The same autumn we got a course from Hugarfrelsi and started to prepare.
- The project started for real in January 2018 when certain changes were made to the schools program.
- The project has twice received grants from the Icelandic Public Health Fund and once from Norðurorku.



Development of the presence of Icelandic preschool children from 1998 - 2017



What impact can stress have on children?

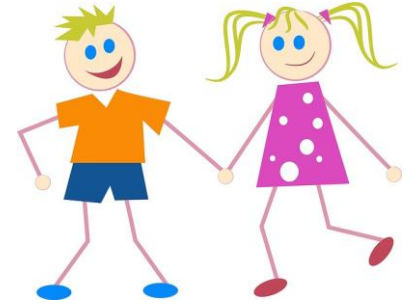


The goal of the Hugarró project

The goal of Hugarró is:

To create calmnessthat the school's enviroment is peaceful. It is too common for children today to be diagnosed with anxiety disorders. The aim is that this will not happen and that the children's youth is characterized by the most joy and carefree.

Children should be able to live in the present.



United Nations Convention on the Rights of the Child

Article 29 of the United Nations Convention on the Rights of the Child states that education should, inter alia, promote the personal development of children, strengthen their mental and physical capacities.



Article 31 deals with the right of children to rest as well as leisure activities appropriate to their age and development.

How can this be related to children's mental health?

Source:

<https://barnasattmali.is/barnasattmalinn/barnasattmalinnheildartexti.html>

What did we change in our work?

All the children in the kindergarten lie down for relaxation for at least twenty minutes after lunch each day.

The children lie down on mattresses with blankets on top of them.

At the beginning of the relaxation, we start with a breathing exercise, then a short meditation story is read and finally we listen to a nice music or a story.



What did we change in our work?

When we had adopted relaxation after lunch, we decided that all “eating time” would also begin with breathing exercises. Both children and teachers find it nice to take a light breathing exercise and thus have a pleasant meal time together.

It was also suggested that at the beginning of group sessions, a breathing exercise, meditation story or a yoga would be performed.



What did we change in our work?

- Try to minimize the “changing time” so the children would have more time to develop their play.
- In the spring of 2019, kids' yoga were offered for all the children and teachers.
- At the beginning of staff meetings there has been a short yoga session.



Emotional literacy

One of the things we wanted to do was to teach the children to get to know their their own emotions and be able to reconize emotions of others. The oldest children in the kindergarten created these emotions face where they can change mouth, eyes and eyebrows depending on how they feel.



Choose your attitude

Another thing we found important was teaching the children that they are responsible for their own well-being. That's why we put up an attitude card around the school. When children have a difficult time with their mood, we first offer them a short breathing exercise and then they choose the mindset for the day.



What are your strengths?

In order to promote the self-image and confidence of children, it is important to recognize and support their strengths. What is even more important is that the children themselves know their own strengths and experience pride and complacency. All the children and all the teachers in the kindergarten did so-called strength hands last winter. This project came out very well and will be repeated this winter.



Experiences of parents and children

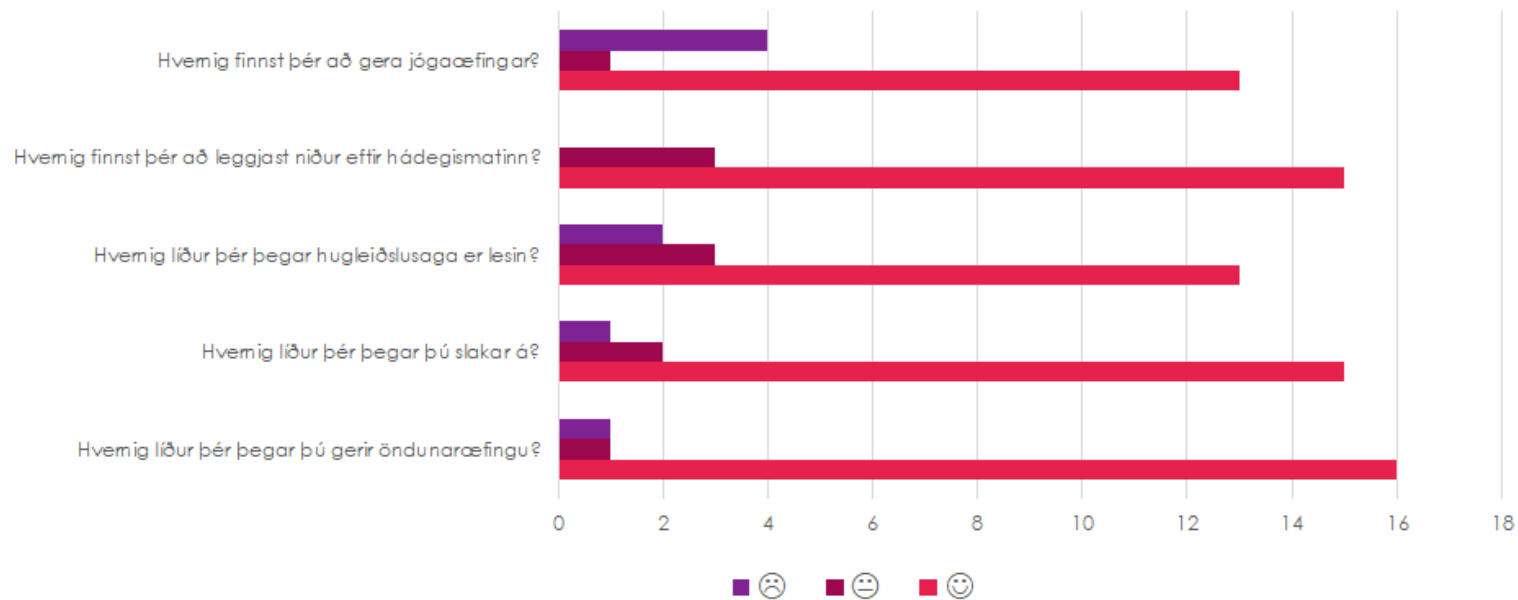
Last spring we got children and their parents to evaluate our project. In general, the implementation of Hugarró was a pleasure and parents urged us to continue this work. The assessment took place in two ways:

- Parents answered a questionnaire they received via email
- The oldest children in the kindergarten answered a questionnaire using a smiley to describe their experience.



Results of the survey among the oldest children

Könnun meðal elstu barna



Next up...

1. Meditation story
2. Group work
 - a. Yogaplay
 - b. Hands of strenght
 - c. Discussion of how we can approve childrens mental health

Thank you for listening

