

JANUARY

inspiration
guide



Mindfulness in Early Childhood

Read Becker's Blog and learn why mindfulness is important and how to help children develop a mindfulness toolbox.

A Season to Remember
Memory Game

Winter Inspired
Process Art
Five Activity Ideas

A Year of Play

Playful activities with infants & toddlers for every month of the year from our friends at Zero to Three

Make Your Own Breathing Cards

Create your own visual guides for breathing exercises

Breathing to Balance: The Power of Breath in Regulation

Learn why breathing techniques are supportive for children and how to introduce and integrate them into your daily routine.

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