



This assessment is based on the Five Facets Mindfulness Questionnaire {FFMQ} Baer, Smith, & Allen, 2004). This Five Facets Mindfulness Questionnaire {FFMQ} adapted scale simplifies the language and concepts to make it more suitable for assessing mindfulness in Early Learners. Parents or caregivers can observe and rate the child's behaviors based on these simplified aspects.

Components of the Early Learner Mindfulness Scale:

1. Observing (Sensory Awareness):

- This aspect measures how often a toddler pays attention to their senses—sight, sound, taste, touch, and smell. It assesses how aware they are of the world around them through these senses.

2. Description (Expressing Feelings):

- This evaluates how well a toddler communicates their feelings. It focuses on their ability to describe emotions or sensations they experience, even in simple terms.

3. Acting with Awareness (Mindful Actions):

- This facet examines how often a toddler pauses before reacting to situations. It looks at their ability to take a moment before responding, showing a form of conscious action.

4. Non-Judgmental Inner Experience:

- This assesses how a toddler handles mistakes or difficulties. It observes if they show self-acceptance or understanding when things don't go as planned.

5. Non-Reactivity (Emotional Resilience):

- This aspect examines how a toddler responds to upsetting situations. It focuses on their ability to stay calm or recover from upsetting experiences.

How to Use the Scale:

- Observation: Observe the toddler in various situations.
- Rating: Assign a rating based on how often the child demonstrates each behavior.
- Scoring: Use a scale of 1 (Rarely) to 5 (Almost Always) to rate the frequency of each behavior.

Interpretation:

- Higher Scores: Indicate more frequent demonstrations of mindfulness in that aspect.
- Lower Scores: Suggest potential areas where the toddler might need more support or development in cultivating mindfulness.

The scale is a tool for caregivers or parents to observe and assess the child's behaviors related to mindfulness. It's important to note that toddlers develop at different rates, so the scale should be used as a general guideline and not a definitive measure of a child's abilities.

MINDFUL PLAY LEARNING | EARLY LEARNER MINDFULNESS SCALE

NAME: _____ DATE OF BIRTH: _____ / _____ / _____ DATE: _____
Day Month Year

GENDER: Male Female ADDITIONAL INFORMATION: _____
Unit No. St. No. Street Town/City/Suburb State Zip Code Country

ADDRESS: _____

INSTRUCTIONS

On a scale of 1 to 5, Please rate your child's behavior in the following scenarios.

Rarely Occasionally Sometimes Often Almost Always
 1 2 3 4 5

This Five Facets Mindfulness Questionnaire {FFMQ} adapted scale simplifies the language and concepts to make it more suitable for assessing mindfulness in Early Learners. Parents or caregivers can observe and rate the child's behaviors based on these simplified aspects.

How to Use:

Observe your child in various situations and interactions over a period of time. Assign a rating based on your observations of their behaviors. Choose the rating that most closely matches your child's typical behavior.



Interpretation:

Higher scores suggest greater mindfulness in the corresponding aspect. Lower scores indicate potential areas for growth and development.

Observing (Sensory Awareness)

- How often does your child pay attention to:
 - Sight (noticing colors, shapes)?
 - Sound (listening to noises, music)?
 - Taste (noticing flavors of food)?
 - Touch (feeling different textures)?
 - Smell (noticing different scents)?

Child can demonstrate the 5 Senses of Mindfulness

1 2 3 4 5

Description (Expressing Feelings)

- How well does your child communicate their feelings?
 - Describing emotions or sensations they experience.

Child can demonstrate can demonstrate two transition songs that signify feelings

1 2 3 4 5

Acting with Awareness (Mindful Actions)

- How often does your child pause before reacting?
 - Taking a moment before responding to a situation.

Child can demonstrate two or more playful yoga poses

1 2 3 4 5

Non-Judgmental Inner Experience

- How does your child handle mistakes or difficulties?
 - Shows self-acceptance or understanding when things go wrong.

Child can demonstrate Peace Begins with Me, Fingertip Touch Mantra Meditation

1 2 3 4 5

Non-Reactivity (Emotional Resilience)

- How does your child respond to upsetting situations?
 - Ability to stay calm or bounce back from upsetting experiences.

Child can demonstrate Hoberman Sphere Breathing

1 2 3 4 5

Total:





Using this scale can provide insights into a toddler's mindfulness development in specific areas.

Here's what you might learn from each aspect of the scale:

1. Observing (Sensory Awareness):

- Higher scores might indicate a child who is more attuned to their surroundings, noticing details through their senses. Lower scores could suggest a need for more exposure to sensory experiences or attention-building activities.

2. Description (Expressing Feelings):

- Higher scores may suggest a child who is better at communicating their emotions, which can lead to improved understanding and coping skills. Lower scores might signal a need for encouragement in expressing feelings verbally or non-verbally.

3. Acting with Awareness (Mindful Actions):

- Higher scores may show a child who takes moments to think before acting, potentially displaying more patience and thoughtfulness. Lower scores might indicate impulsive reactions or less deliberate actions.

4. Non-Judgmental Inner Experience:

- Higher scores might indicate a child who is more accepting of mistakes or setbacks, fostering resilience and a positive self-image. Lower scores could suggest a need for teaching self-compassion and understanding.

5. Non-Reactivity (Emotional Resilience):

- Higher scores may suggest a child who can handle upsetting situations with more ease or bounce back quicker from distress. Lower scores might indicate a struggle in managing emotions or recovering from challenging situations.

Overall Insights:

- **Strengths:** Identifying areas where the toddler excels in mindfulness, showcasing their strengths and natural inclinations.
- **Areas for Growth:** Pinpointing specific aspects where the child might benefit from guidance, practice, or activities to foster mindfulness skills.

This scale isn't meant to label a child but rather to provide guidance on areas that might benefit from attention or nurturing. It helps in understanding a toddler's developing mindfulness and can aid in tailoring activities or approaches to support their growth in these areas.