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Integrating Yoga and Mindfulness in Early Childhood Education: Creating a Yoga Book with Preschoolers in a Finnish daycare

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This project-based portfolio thesis aimed to produce a guided yoga book featuring a story practice created by preschool children at a daycare in Espoo. The goal was to collaborate with children to inspire educators to incorporate yoga and mindfulness practices into Early Childhood Education and Care (ECEC) centers, targeting children aged 5-7 years. The project included planning, implementation, and evaluation, with feedback gathered from educators, guardians, and children. Ethical considerations involved obtaining parental permission to publish children's photos in the yoga book. The results highlight the benefits of yoga activities for young children and emphasize the need for greater implementation of such practices in Finland, aligning with the National Core Curriculum for Early Childhood Education and Care. The project faced challenges, particularly in finding adequate time for yoga sessions. This thesis underscores the importance of incorporating yoga into ECEC programs to promote physical and mental well-being in early childhood education.

Bulb Link <https://eu.bulbapp.com/u/the-effectiveness-of-yoga-as-a-preschool-activity-e0?sharedLink=e1581a78-7bae-4223-b27c-5fecad1243c9>

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