

## Hygge in the Early Years

### What is Hygge?

Hygge is the Danish approach to living well that focuses on being in the moment and embracing the feelings of warmth, simplicity, and connection. There are 10 principles that must be considered to live a hygge lifestyle. These are:

- Atmosphere: creating a calm vibe
- Presence: not being on technology
- Pleasure: it should be fun, enjoyable and bring great pleasure
- Equality: we are all equal
- Togetherness: spending quality time together
- Gratitude: being grateful for all we have
- Harmony: there is no competition, life is not a race
- Truce: supporting one another, no need for arguments
- Comfort: relax in comfy clothing
- Shelter: your home is important

(principles taken from Wiking, M. (2016) *The Little Book of Hygge*)

### What makes you feel Hygge?

People have different opinions of what is hygge for them. For some its reading a book with a warm cup of coffee by cosy lighting tucked up with a blanket. It may be eating good food with friends or having a slow breakfast with your family in your pj's. Or going for a walk all wrapped up warm on a crisp autumn day. There is no right or wrong answer, it's what gives you a feeling of contentment and wellbeing.

### How does this fit in with our setting?

Curiosity settings would seek to create an environment that captures that feeling of cosiness, warmth and togetherness for all who enter it.

Settings want to create a feeling of 'home' throughout the environment, creating an extension of the home rather than the watered down version of school. A school environment is not the place for our youngest children.

We create this in our settings through cosy areas, with rugs and blankets, delicate lighting, spaces to share with friends and spaces for alone time. We build strong relationships, and have time for sociable meals, time to sing and share stories. We have natural elements such as plants and wood.

- It also links well with planning in the early years.
- It allows staff to take a slower approach. Take more time over social situations, we don't rush them.
- More time in the moment with the children.
- Make it meaningful. Creating more enchanting provision for the children reflecting their interests.

This is very much in line with In the Moment Planning. The Danes follow the child and their lead. It is very much child led. Planning must be relevant for the child. Also, the less planning you do the less pressure there is. Here at Little Acorns, there is no predetermined planning, which means no excess planning and definitely no work to take home. This calls for better wellbeing and a better home life.

This all reflects the Reggio Emilia approach., which reflects the curiosity approach.













