

Hygge

A Danish word used when acknowledging a feeling or moment, ordinary or extraordinary as cosy, charming or special.

Hygge is a feeling you cannot translate. It's about a place or moment that promotes emotional well-being, togetherness and friendship. In our school it is a place in which children can feel comfortable and snuggle down, relax or explore freely. Our school environment offers children a sense of belonging and happiness.



How do we bring Hygge into our setting?

- We create inviting dens, reading snugs and cosy corners. We use drapes, cushions, voiles and blankets to create a homely feel.
- We set up thoughtful nooks and cosy retreats away from busy classrooms to chat or have quiet time alone.
- Provide plump cushions and blankets which enable children to get cosy when reading books or engaging in a provocation.
- We use twinkly lights to add a sense of magic and wonder, other lighting is natural when possible or softly lit.
- A range of textures.
- We provide areas in which children can crawl inside a baby nest or enclosed area where they feel secure.
- We make seating areas available where children can curl up with a nice book.
- Experience Nature: Children and educators go out every day. We believe they should go out an experience the snow, shine, wind and the rain. There is no such thing as inappropriate weather just inappropriate clothing.