

Observation 2
November 22, 2025

Noticing How I Feel in the Space

While spending time indoors with the children, I noticed my body feeling calm but always on alert. The indoor space felt very predictable and organized once I got familiar with the daily routines. Once I spent the first couple of days getting used to and aware of my surroundings I felt very comfortable and less nervous. I felt as if I could walk in with confidence and excitement. As I spent time outside with the children, I felt more relaxed and one with nature. When the early mornings were high paced, going outside calmed my nervous system. Being outside felt energizing to me, as well as very grounding.

Noticing Sounds

When I paid closer attention to listening, I felt myself become more aware of how different sounds shaped the environment that I was working in. When I was indoors, I would listen to children talking and laughing, educators reinforcing and reminding, reading stories with funny tones, footsteps, and the movement of materials in the center. For me, these sounds create a busy environment. The outdoor sounds felt more joyful and exciting as the children were conversing and laughing while playing.

Noticing Body Language

While I was observing children and others body languages during my practicum, I truly discovered how much communication happens without speaking words. While being indoors, some children sat and walked close to each other while others would distant themselves. I believed this is how they communicated personal space. When outdoors, their movements were larger, bolder, and more expressive as they had much more space to use their body. I noticed the children running together, playing in certain groups, inviting and discluding friends, and sharing. I also noticed how facial expressions are very useful and showed when children were confident, wondering, happy, or upset.

Observation of Engagement

During my practicum, I chose to observe a smaller group of children who were interested and engaged in an open-ended activity as they all seemed very passionate and confident in what they were doing. I felt as these children were very self directed as they went and chose to do

these activities on their own without an adult guiding them to get there. I enjoyed watching the children share, play, and express concerns and ideas together. Their attention shifted together as they worked as a team. This observation at my practicum helped me understand that learning is relational, takes more than one try, and is always connected to the environment around you. Watching the children made me realize children express themselves in multiple different ways, words, and actions, but us as educators have to be the active listener to support them. Through this observation, I developed more knowledge on the importance of creating an environment that supports inclusion, diversity, happiness and powerful connections.