A QUIET 3-SECOND REFRAME
A MICRO-REFLECTION FOR EQUITABLE PRACTICE

THE MOMENT

A child does something unexpected. (Anything: loud voice, refusal, running, silence, tears, big energy, no energy.)

OLD HABIT: THE DEFAULT REACT

"My backpack says this behaviour is a problem."

3-second pause

NEW HABIT: THE EQUITY LENS

"Two backpacks are bumping into each other. What else could be happening here?"

WHY THIS MATTERS

Every educator carries an Identity Backpack — the beliefs, expectations, cultural lenses and experiences that shape how we interpret children's behaviour.

Children carry their own backpacks too.

The 3-second reframe helps us shift from automatic reaction to intentional response.

TRY THIS (PRIVATE REFLECTION)

Choose one recent moment with a child that felt confusing, frustrating or surprising.

Take a quiet breath and ask yourself:

- What might I have brought into this moment from my own backpack?
- What might the child have brought from theirs?
- What story might my reaction have told the child about who they are?
- What small shift could I try next time?

EYLF V2.0 LINKS

This micro-reflection supports:

- **Principle: Equity, Inclusion & High Expectations** — "equitable means fair, not equal or the same".
- **Principle: Critical Reflection** — examining how beliefs and biases shape children's experiences.
- **Outcome 1:** Children have a strong sense of identity — identity is shaped through relationships, expectations and interpretations.

THE HEART OF IT

Equity begins in the pause — in the moment we choose curiosity over assumption.