

The Importance of Silence and Stillness in Children's Lives

With Maggie Dent



Cognitive Benefits of Silence and Stillness

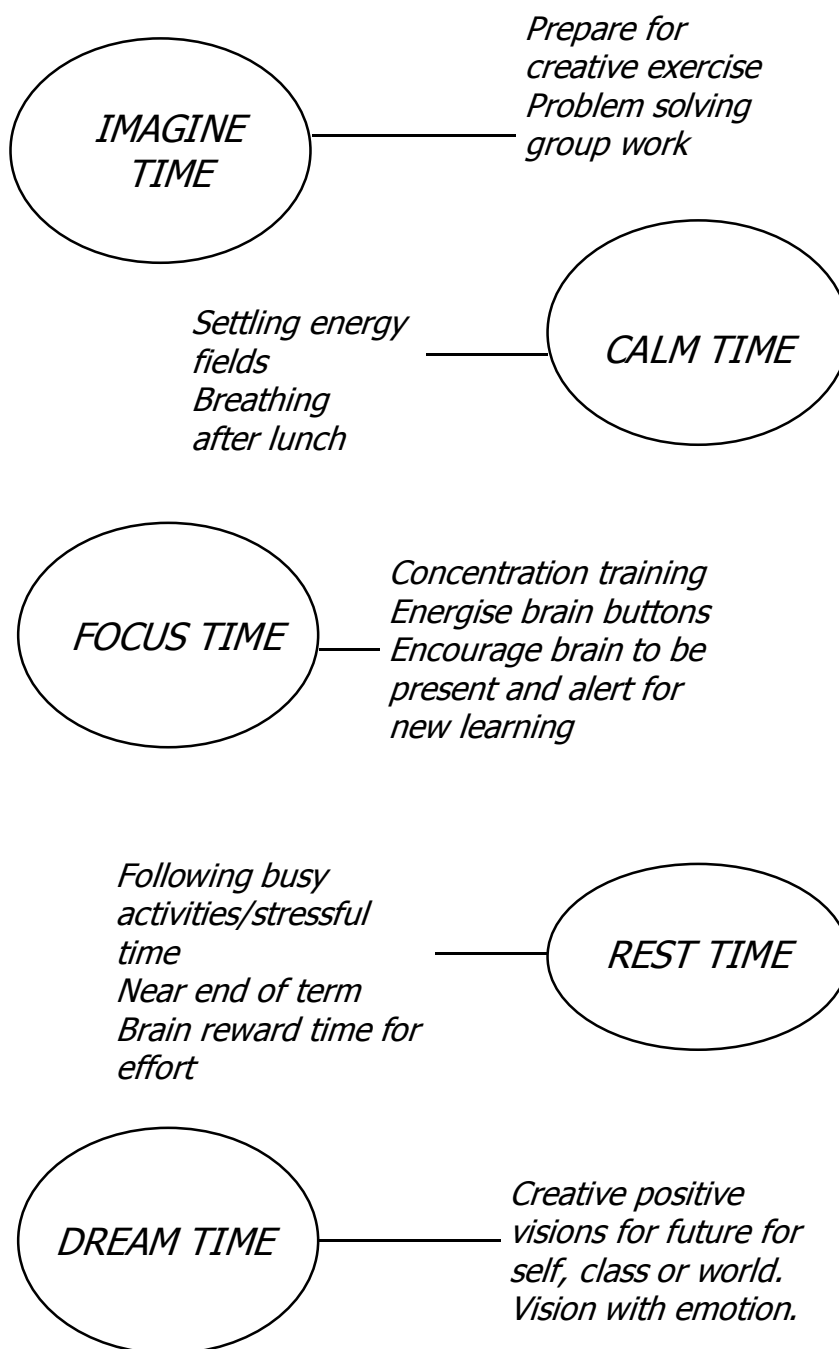
- "relaxed alertness" optimal learning state
- rest and renewal time for brain
- downshifting - time to sort and store, process
- thinking time - rapid answers not always the best
- maximum utilization of brain especially with new learning (spaces for new learning filled!)
- creating safety - biological drive v's learning drive
- eases pressure and stress that stresses the brain
- benefits for boys especially with emotional responses
- opens creativity and improves problem
- helps to overcome 'stuckness" allows unconscious mind time to find solutions
- helps sensory sensitive students to learn
- allows auditory processors a chance to listen to their inner voices " as they talk to themselves
- allows reflection time – deeper thoughts have time to surface
- empower the unconscious mind to support learning

Other Benefits of Silence and Stillness

- Opens mind to creativity and better problem solving
- Builds emotional intelligence and competency
- Improves energetic fields both individually and group
- Nurtures the inner world and the human spirit
- Builds resilience skills for life
- Improves ability and capacity to think
- Lessens fear - imagined or real
- Creates opportunity to "be" rather than "do"

The brain cannot tell the difference between real or imagined images.

Magic of Silence and Stillness



Creative visualization/Mental Rehearsal

- Enhancing self esteem
- Expanding awareness
- Facilitating psychological growth and integration
- Evoking inner wisdom
- Increasing empathy
- Increasing memory
- Facilitating optimal performance
- Evoking a more positive attitude
- Accelerating the learning of subject of subject matter
- Stimulating whole brain integration

Jack Canfield

Seven Gateways to the Soul of Education

By Rachel Kessler

- The Yearning for Deep Connection
- The Longing for Silence and Solitude
- The Search for Meaning and Purpose
- The Hunger for Joy and Delight
- The Creative Drive
- The Urge for Transcendence
- The Need for Initiation

Silence and Stillness and Stress

Students today are bombarded with stimulation in every area of their lives. Overstimulation contributes to emotional overwhelm, anxiety and stress. Medication is not the best way to manage stress.

“Chronic or acute stress cuts neuron production 50%” Eric Jensen

Indeed educational kinesiologists believe that **80% of all learning difficulties are related to stress**. Remove the stress and you remove the difficulties.

Gordon Stokes “One Brain; Dyslexic Learning Correction and rain Integration.”

Maggie Dent www.maggiedent.com quietly improving lives.