



Teaching children to love

Love is essential to balance the complexities of an ever-changing world. Children need love to feel positive and hopeful about their future.

IQ, or intelligent quotient, is a person's level of intellect. Parents do all they can to increase their child's intellect, which is a good thing for them to do. We must also remember the child's EQ, or their emotional quotient. The level of a child's IQ is directly affected by his EQ.

EQ, or our emotions, are the "spices" in our personalities. Without these emotions, our lives would be insensible; going through life with no feelings about ourselves, or our environment. Based on the premises that our emotions are founded on our beliefs and purposes, we can deduce that both appropriate and inappropriate behavior serves a purpose. A human's innate responses or reactions to the environment reflect their needs to be accepted as a valued individual regardless of our belief. For example, when we feel accepted, we can trust others. If we do not feel accepted, we feel unworthy of expressing what we truly feel.

STAR OF THE WEEK

- Jan. 31st-Feb. 4th: Charlize Andrews
- Feb. 7th-11th: Adan Budenstein-Doherty
- Feb. 14th-18th: William Ewing

"Order is one of the needs of life which, when it is satisfied, produces a real happiness"

Maria Montessori

Appreciation, compassion, the assurance of being valued, loved, and understood promote harmony in the heart's rhythms. People feel love in the area of the heart. That love produces the highest form of learning. The very opposite is also true. When a person is worried, fearful, stressed, frustrated, or angry then the heart rhythms no longer are balanced or harmonious. These stresses cause a closing down of the cognitive thinking in the brain, therefore minimizing the function of the brain to do its most creative thinking.

Creative learning happens through feelings of acceptance and love, which allow the heart rhythms to become harmonious again. Adults take much longer to regain creative thinking after having gone through stress. Children can go from stress or anger back to love and acceptance quite quickly. However; when stress, rejection, anger, worry or fear is unresolved in children, this stressful situation becomes a part of them, and inhibits the heart rhythm to become harmonious again, therefore causing the child's natural productiveness to be reduced. When this situation occurs, a child often feels a sense of hopelessness.

The Japanese, like some other cultures understand that the heart is much more than a physical organ. The Japanese word, kokoro means intelligence of the heart. The intelligence of the heart is the key to learning. Intelligence then, is activated by love. Our children's capacity to learn is contingent on their self-esteem or the love they feel for themselves.

Adults can admire the world around them by remembering and thinking about its features. Unlike adults, children absorb their environment, they do not just see and remember it. Children's environment becomes a part of their soul. The things in the environment that produce no changes in adults transform the child as he absorbs images into his very life.

Parents and educators, must help today's children have a deep love for life, to remain wholesome and balanced so they can make wise decisions, care for themselves and others, and pass the understanding of how to love onto their children.

By Peggy J. LeVrier



Last week the children pulled up some of the radishes and carrots that we have been growing outside the back door of the classroom. Look at how cute the little carrot is that Layton is holding! The children got to taste the radishes :-)



The children also picked some of our basil leaves.