

January: Curiosity

Curiosity

Curiosity is a strong desire to learn or know something—a search for information for its own sake.



Wais' Wisdom: Curiosity

Research tells us that happiness and well-being can be a by-product of curiosity. Curiosity is defined as the search for information for its own sake. Curiosity is about being open to experiences, it's about exploring and discovering.

According to curiosity researcher Dr. Todd Kashdan people are happiest when they are curious, when they are engaged and searching for answers. This is an interesting article [Power of curiosity](#) written by him.

Here is an interesting video of [Dr Jon Baron](#) on curiosity. I think teaching children that there are three answers (yes, no and I don't know) to a yes/no question is a great way to foster curiosity.

Benefits of Being Curious

WHAT WE KNOW ABOUT CURIOSITY:

THE TRAIT IS Intrinsic Innate Powerful	IT'S SHAPED BY OUR Ideas Experiences Environments	NOURISHED BY OUR Inquisitiveness Interests Passions
---	--	--

FAMOUSLY CURIOUS PEOPLE

 BEN FRANKLIN	 ISAAC NEWTON	 JANE GOODALL
---	---	---

CURIOSITY ISN'T JUST WHO YOU ARE, IT'S WHAT YOU DO

 LEARN More than 4,000 computer programming languages of note exist, and about 6,900 human languages.	 TASTE Varieties of cheese in the world: 2,000	 EXPLORE The US alone has more than 35,000 caves with more than 1,000 new ones discovered each year.
---	--	--

CURIOSITY: GOOD FOR THE MIND AND SOUL

According to a 2007 study on curiosity by Todd Kashdan and Michael Steger, "those who frequently felt curious on a given day also experience the most satisfaction with their life - and engaged in the highest number of happiness-inducing activities." Studies published in *Neuron* and *Journal of Personality* have shown the connection between curiosity and improved memory, as well as IQ and other measures of cognitive ability.

CURIOUS PEOPLE:

 Have stronger memories (29% better short term memory function).	 Possess improved cognitive abilities (curiosity is strongly correlated with IQ and general intelligence).	 Experience more satisfaction with their life.
--	--	--

**FEED YOUR CURIOSITY
FEED YOUR BRAIN
JUNK FOOD VS BRAIN FOOD**

AVERAGE TIME AMERICANS SPENT IN DECEMBER 2013:

27 HOURS Online	147 HOURS Watching TV	34 HOURS On a mobile device
--------------------	--------------------------	--------------------------------

PEOPLE WHO PLAY BRAIN GAMES HAVE:

 self confidence	 improved mood	 better focus
---	--	--

Board game players have a 15% LOWER RISK of developing dementia. Puzzle game players are 80% BETTER at blocking out distractions.

THE CURIOUS MIND, ON OVERLOAD

PERCENTAGE OF PEOPLE WHO USE THEIR SMARTPHONES:

35% In a movie theater	33% On a date
19% In church	12% In the shower

72% OF SMARTPHONE USERS SAY THEIR DEVICE IS WITHIN FIVE FEET OF THEM THE MAJORITY OF THE TIME

WE NEED TO REMIND OURSELVES THAT OUR MOBILE DEVICES ARE TOOLS designed to help us live better lives, not take over our lives. Technology should help us cut through the clutter and noise of the web so we can:

 Focus on our interests	 Find new experiences	 Discover new connections
---	---	---

Fostering Creativity

Here are some tips on how to foster curiosity.

1. Encourage questioning
2. Read widely - explore multiple sources of information
3. Question your assumptions -
4. Don't label things as boring
5. See learning as fun



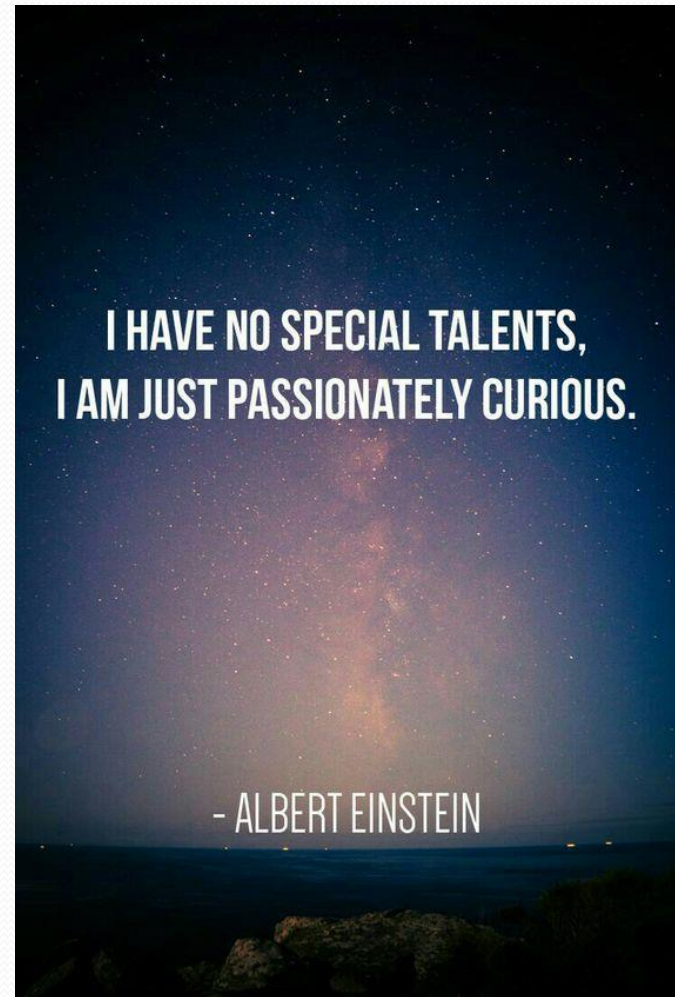
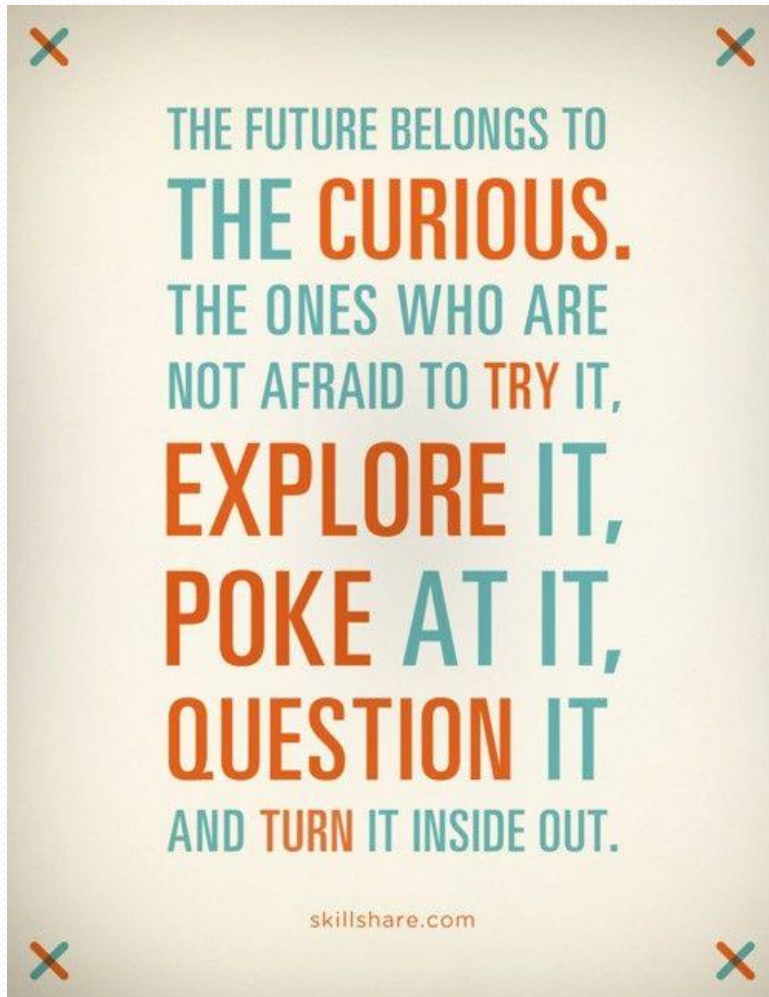
Curiosity Activities

[Mystery Doug- \(http://mysterydoug.com\)](http://mysterydoug.com)

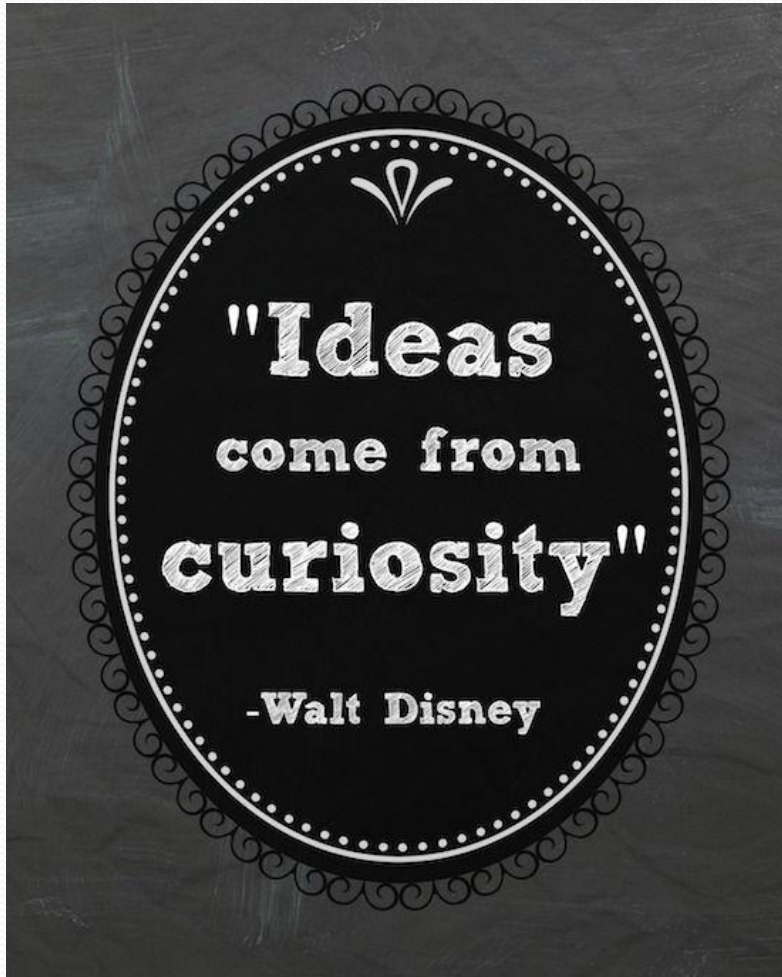
Sends a question with a video each week. Quick 5 minute activity. This is connected to the Mystery Science resource that we have a site license for.



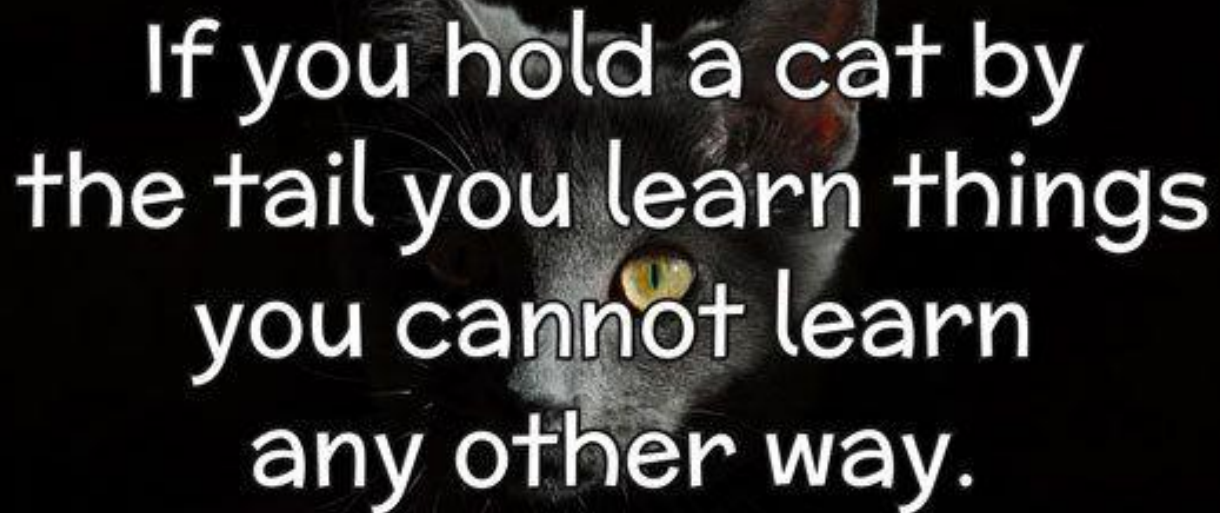
Wisdom for Your Walls



Wisdom for Your Walls



Wisdom for Your Walls



If you hold a cat by
the tail you learn things
you cannot learn
any other way.

- Mark Twain

Curiosity Resources

Character Lab- Curiosity

<https://characterlab.org/tools/curiosity>

Curiosity Article

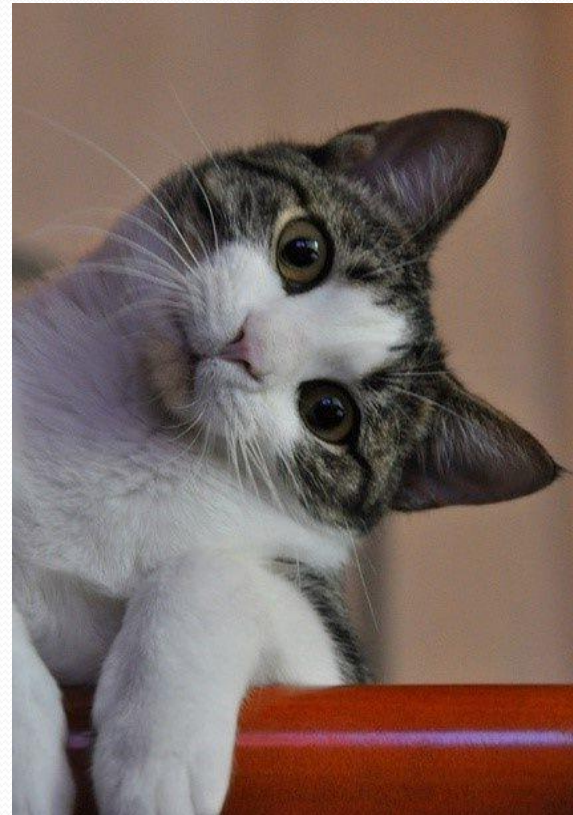
<http://www.edweek.org/ew/articles/2014/06/04/33shonstrom.h33.html>

Dr. Jon Baron

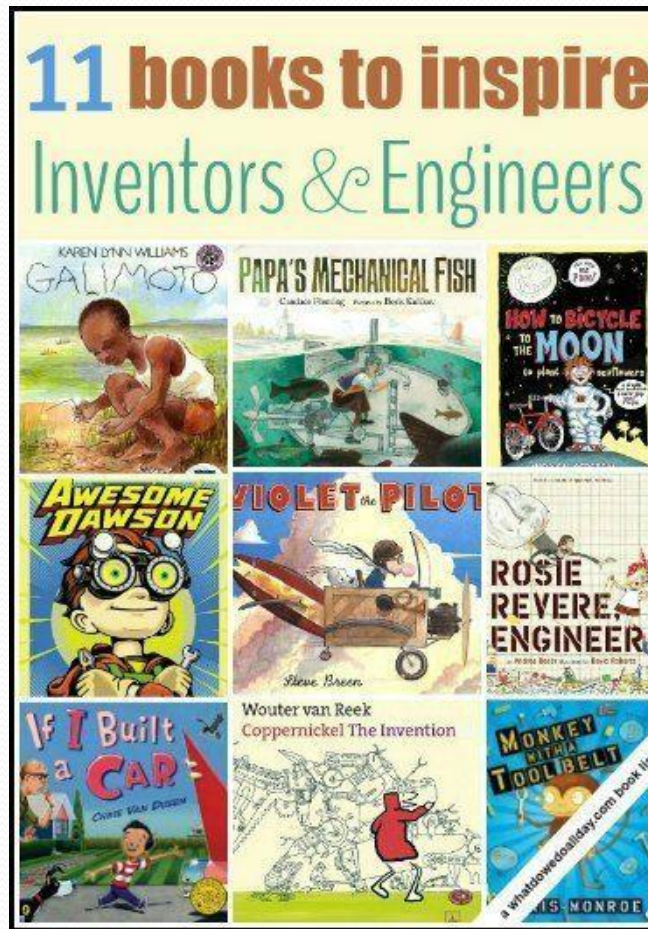
<https://vimeo.com/89521461>

Wow in the World (NPR)

<http://www.npr.org/wow>



Curiosity Texts



<http://www.whatdowedoallday.com/kids-books-for-inventors-and-engineers/>

Curiosity Texts

The Mysteries of HARRIS BURDICK
by Chris Van Allsburg

Lost& Found
by Shuan tan

Imagine A Place
by Sarah L. Thomson

The Heart and the Bottle
by Oliver Jeffers

Madeline
by Ludwig Benelmans

Where on EARTH is the MOON?
by Ruth Martin

Weslandia
by Paul Fleischman

Flotsam
By David Wiesner

The Snowy Day
by Ezra Jack Keats

Edward the EMU
by Sheena Knowles

Stephen and the Beetly
by Jorge Lujan

Dear Greenpeace
by Simon James

A Nice Walk in the Jungle
by Nan Bodsworth

Jumanji
by Chris Van Allsburg

The Jolly Postman
by James Allan

The Bunyip of Berkeley's Creek
by Jenny Wagner

Touch the Brightest Star
by Christie Matheson

Beyond the Pond
by Joseph Kuefler

The World in a Second
by Isabel Minhos Martins

The Boy Who Harnessed the Wind
by William Kamkwamba

The Wonder
by Faye Hanson

VeRDI
by Janelle Cannon

STELLA Star of The Sea
by Marie Louise Gay

I Wonder
by Annaka Harris

What Would You Do with an IDEA?
by Kobi Yamada

IF...
by Sarah Perry

ZOOM
by Istvan Banyai

Going Places
by Peter and Paul Reynolds