



Simple Ways to Encourage Curiosity in Your Children

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Encouraging curiosity is rather simple and doesn't cost a fortune. Our interaction and response to the world around us provides all the opportunity needed. So what can we do to pass this wonder on to our children?

Allow Time for Boredom

Boredom is hard to find in today's world with information and entertainment at our fingertips, but this passive consumption comes at a cost.

Our children are rarely bored, and many parents see it as their duty to ensure their children are always stimulated. The words "I'm bored" sends many a mother scurrying to find something to keep their children engaged.

But perhaps we need to disengage sometimes?

Why do some of our best ideas come while in the shower? Maybe because there is nothing else vying for our attention?

The monotony and solitude of a quiet life stimulates the creative mind.

Albert Einstein

Our children need a little boredom to wrestle with their thoughts and ideas. It's hard to wonder why the sky is blue and the trees are green if all your time is spent in a car, staring at a device, while being shuttled from activity to activity.

Give them the gift of boredom which will allow them time to wonder and ask questions about the world.

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Conversations

Of course, there are the [Big Juicy Conversations](#), where you tackle all those deep, interesting thoughts and connections. But there are also the smaller interactions which create the foundation for the Big Juicy Conversations.

Whether it's discussing a news story or an interesting video you saw on Facebook, those conversations have the potential to spark an interest that requires further investigation.

Our job as parents is to take the time to have the conversations and respond to further questions. We won't have all the answers, but we can take the time to help them find the solution. Open-ended questions are particularly helpful. Questions that encourage longer responses such as 'Tell me more' or 'What do you think ...?' are wonderful to spark further questions in children.



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Value all Learning

Valuing all learning seems hard when you're listening to a 45-minute monologue about Minecraft, sports statistics, or a Disney show plot, but look a little deeper and think of all the skills they are cultivating.

They recall a significant amount of information. They organize and convey that information in a manner which someone can understand. If it isn't understood, they find another way to explain what they want to convey.

We should widen our understanding of learning from the eight subjects per day of school and instead embrace the infinite possibilities of learning everywhere.

Pursue Your Interests and Self Education

As a mother, pursuing my own interests and passions can seem an exercise in interruptions and frustration, however, this is one of the most powerful ways to encourage our children in a life of learning.

Why is this so important?

Because they need to see learning as a lifelong endeavor, **not just a box you check and call it done.**

School was a series of boxes I checked, but learning never ends. It's **everywhere.**

To see you struggle to do or understand something, let's them know it's okay to struggle. When you're excited by your achievement, they see the value in perseverance.

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Encourage Curiosity in Our Children

My highest goal as a parent is to have curious children who want to know more.

Let us encourage curiosity and give our children a rich life full of learning.



Cultivating a Curiosity Cycle In Children

Jonathan Mugan is a robot guy, a computer scientist who devotes time to studying how children learn. By understanding the minds of children, especially preschoolers, it's possible for humans to create robots that can learn in similar ways. Mugan dissects how children learn by building mental models—for example, learning that by putting red paint on a drawing of a sun makes the sun red. Does the red paint make other objects red? Yes. You can make walls red too. Is this a good idea? No—but it is a teachable moment. Models remind us that there truly is a first time for everything. Mugan calls this iterative process “the curiosity cycle.” Children absorb concepts from their environment, such as red paint or door knobs, and they use these concepts to build models to see how well they predict what will happen around them. Children then test their models to learn new models and refine their knowledge, leading to the next round of the curiosity cycle. Having discovered that door knobs open doors, a girl might then try to open a door and find it doesn't move—leading to a new model, the locked door. “Using models to predict the environment is crucial to the curiosity cycle because testing improves models,” Mugan says. “The mindset of seeing the world through prediction has the benefit of allowing your child to view knowledge as tentative. Knowing you might be wrong is the first step toward undoing an assumption and finding the right solution to a problem. Children must always be aware that some of what they know could be wrong—and probably is. They learn that even an incorrect model is better than no model.” The result of the curiosity cycle is that the more your child knows, the more curious she becomes. This type of learning means that your child doesn't just know facts automatically, she has models for why some things are true but understands that she might learn something new. As a computer scientist, Mugan believes that deep learning begins with curiosity. Curious children develop and test mental models to learn what works and what does not. Testing, failure and retesting are built into this curiosity cycle and it's vital that we use this model in our teachable moments. From lessons on Creativity and Idea Generation (yes, that's a skill!) to Design Thinking and Prototyping, it's never too late to incorporate curiosity into education.

Cultivating a Curiosity Cycle In Children

Children are born with a remarkable sense of curiosity and imagination. Children love to touch, observe, feel, taste, listen, observe and ponder around because of the inbuilt natural curiosity. This curiosity only enables them to learn and understand the world around them.



Curiosity and imagination together with the ability to reason lead to creativity. Creativity is very important for humans to sustain or improve their lives with new ideas, inventions, and solutions.

All children should be encouraged to be curious and creative in order to develop valuable problem-solving skills that later enhance their play, education, relationships, emotional lives and career as well.

How to Improve Creativity and Curiosity in Children

Parenting Tips: Parents Role in Promoting Creativity

- Provide a safe environment for the child to explore and experiment throughout childhood. Offer guideline and set safety limits.
- Show positive attitude that encourages and values the curiosity and creativity of the child. Frame your child's creation, put on the wall or showcase it at the side table or study table; send it to grandparents, relatives, and friends; put it on social media and read out all positive feedbacks to the child.
- Provide safe toys, blocks, art materials as per age and let the child discover and invent an open-ended play; wherein he leads his own play.
- Respect and encourage your child's quiet, reflective time wherein he can dream, invent, experiment, draw or doodle.
- Encourage your child to be a problem solver during playtime, studies and while daily routine chores also.
- Be a good creativity role model; create opportunities for your family to be creative together. Your child will benefit greatly from the example you set.
- Engage in lively and creative conversations about the world around you with your child.
- Go for a walk in the woods, on the beach, across the garden, in your neighborhood. Observe, walk, feel and chat with your child while exploring the nature around you.
- Believe in your child's imagination and their stories, enter their world and encourage them to think and explore their best of knowledge.
- Encourage them to feel, explore and think out of the box ideas.

How to Improve Creativity and Curiosity in Children

Benefits of Creativity in Children

- They learn to shape up their dreams into reality through imagination.
- It helps them to find creative, constructive solutions to their problems in play, work, and relationships through brainstorming.
- To express their thoughts, ideas, feelings, delight, emotions, and humor to others.
- To feel the inner joy of creativity.
- To satisfy their human need to contribute something good or interesting to the world.

Imagination is one of the most fun things you can engage in with your child. It is a way of coming together, of feeling closeness. Every parent has an opportunity to do a tremendous amount for your child just by those few minutes of shared make-believe or shared storytelling.

Creativity is really the impulse to self-expression. Every child, every living person, longs to be able to communicate his thoughts, feelings, and capabilities; to put his thumbprint on the world and to say, "I'm here!". 😊

Creativity in Children



Creativity Meditation

Creativity Meditation

Find a comfortable position. Focus in your breathing. Imagine it moving in and out of your body in and out in and out let the breath carry you deeper into a quiet place. I want you to reflect now that this air that you are breathing in is charged with presence and love. Think of the air of an immense ocean that surrounds you ...an ocean heavily colored with creativity. While you draw the air into your lungs you are drawing love and life in. Be aware that you are drawing in the love and creativity with every breath you take...

You are being invited. Invited into a special room. As you enter the room, you see that it is a art studio. Around the room are paint brushes, clay for sculpture, cameras to take photos, pens for writing, musical instruments to play, wool and paper for craft, beautiful food to cook with. Take some time just to be in this room, touch each medium, imagine how you might use them, but you don't need to choose anything right now, just be in this room. There is only love and affirmation in this room there is no room for negativity or doubts. When you are ready accept an invitation for one of these activities. There is no need to hurry this.

(Pause)

Spend time just sitting with your creative invitation.

(Pause)

Now have fun, play with your creativity, imagine what you can do. Imagine the beauty that you are able to create. If you hear any negative thoughts, simply return to the creativity.

(Pause)

When you think you have finished, just be with your newly creative object of beauty. Hold it gently.

(Pause)

When you are ready gradually and gently bring yourself to the present time and place.