January: Curiosity
Curiosity

Curiosity is a strong desire to learn or know something—a search for information for its own sake.
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](https://www.youtube.com/watch?v=video_id) 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 CURIOUSITY:**
- The trait is intuitive. Innovate. Powerful.
- It is shaped by our Moss 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
- Taste
- Explore

**THE CURIOUS MIND, ON OVERLOAD**

**PERCENTAGE OF PEOPLE WHO USE THEIR SMARTPHONES:**
- In a movie theater: 35%
- On a date: 33%
- In a car: 19%
- In the shower: 12%

72% of smartphone users say their device is within five feet of them the majority of the time.

**FEED YOUR CURIOUSITY**
**FEED YOUR BRAIN**

JUNK FOOD VS. BRAIN FOOD

Average time Americans spent in December 2013:
- Online: 34 hours
- Watching TV: 27 hours
- On a romped beach: 0 hours
- Playing video games: 147 hours

**PEOPLE WHO PLAY BRAIN GAMES HAVE:**
- Better memory
- Higher IQ
- Lower risk of developing dementia

**CURIOSITY: GOOD FOR THE MIND AND SOUL**

According to a 2007 study on curiosity by Todd Kadanoff and Michael Tegner, “those who frequently felt curious on a given day were more likely to experience the most satisfying days of their lives,” and engaged in the highest number of happiness-inducing activities.” Studies published in Person and Journal of Personality have shown the correlation between curiosity and improved memory, as well as IQ and other measures of cognitive ability.

**CURIOUS PEOPLE:**
- Knows stranger memories
- 12% better short term memory function
- Has a more profound understanding of the world
- Experience the satisfaction of their life

**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 world 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)

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

The future belongs to the curious. The ones who are not afraid to try it, explore it, poke at it, question it and turn it inside out.

I have no special talents, I am just passionately curious.

- Albert Einstein
Wisdom for Your Walls

"Ideas come from curiosity"
- Walt Disney

Blessed are the curious, for they shall have adventures.
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/
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<td>Jumanji</td>
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<td>The Jolly Postman</td>
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<td>Beyond the Pond</td>
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<td>The World in a Second</td>
<td>Isabel Minhos Martins</td>
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<td>The Boy Who Harnessed the Wind</td>
<td>William Kamkwamba</td>
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<td>The Wonder</td>
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<td>STELLA Star of The Sea</td>
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<td>I Wonder</td>
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<td>What Would You Do with an IDEA?</td>
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