

Moment of Silence

Let Your Kids Think About It

The daily practice, at the start of the day, of the Moment of Silence in public schools, has proven to be a most effective method for: calming the students, reducing their stress, increasing their focusing, and improving bonding with their parents. This has been proven from the hundreds of letters we have received from participating schools across the country.

The practice is free and needs no training - it merely requires a minute of quiet in the classroom and the guidance of the child's parents as to what to think about.

Principals have testified how the school is quieter with less running around in the hallways and less absenteeism since the students look forward to the precious quiet. Students have thanked the teachers and principals for implementing this in the school and have expressed the wish that it continue in their school and in other schools.

Besides the above-mentioned benefits, according to psychologists, this serves as an antidote to drug useage, suicides, and shootouts, since it elevates the child's self-esteem and he/she no longer has to act out his repressions.

In addition to the positive testimonies of the students in the letters, the letters can also serve as a red flag for any student who has any serious issues, since by nature a young child (and even older children) will write down what's going on inside their head - and as we have seen, unfortunately, with the mass shootings, that the criminal gave forewarning in writing of what was going to happen!