

Moment of Silence

Let Your Kids Think About It

I'd like to thank everyone who has given us the opportunity to testify about the positive practical effects of the Moment Of Silence I'd like to start off by reading the letters that students have written who are engaged in the Moment Of Silence daily then I will read letters from principles and then I will read some important research from the Wiley non-textbook principles and practices of stress management I wild known and respected our encyclopedia dealing with stress man management the first letter was written by Tyra cute and he writes a moment of silence means that I can think about the people in Trinidad who doesn't have shoes and clothes the next letter written by Kwesi press every morning we observe a moment of silence the moment of silence means a lot to me I think about how to be quiet in the hallway I think about how quiet it is and there is no sound in the whole school the next letter is from Halle 87 no last name our quiet moment is awesome because you get time to think about you and your family I love that you made this quite Moment up thank you very very very much can we do it for two minutes instead this letter is from Cheyenne Murdoch I think about my mother during the Moment Of Silence I think about how much I love her how she always takes care of me is always proud of me and always loves me no matter what I do she's always helping me and she is so nice that's why I think about my mother during the moment of silence here's a letter from a fourth grader I am quiet for my dad and my mom I miss my dad so much I wish he comes back .Here's it letter from Cashion Edwards when I think about the concept of Moment Of Silence for example I think poor people don't have clothes and food and toys, kids mom and dad died don't have parents love like Matt like my I wish people do it .a letter from Ali in grade 7 at my school and we recently started having a daily quiet moment in the beginning I thought the quiet moment was a waste of time but now I believe it is a good thing for all the students here it helps me

It helps you relax after lunch and let me clear my head during recess we can ok not relax because of all the action going on around us the hype of kids playing games and screaming and not in class easy because I can just close my eyes and breathe for a while to relax without missing important directions I have adjusted to the daily quite moment and they strongly believe they should be continued to quite moment should be practice in every school so the stones can focus and not be preoccupied with other business in their lives here's another letter how the moment of silence makes me feel for example it makes me feel good secondly it makes me feel proud proud of myself it makes me feel like I'm somebody

Glenmary elementary school we just started the silent moment I enjoy having the silent moment every day because it gives you a chance to think I wish the silent moment was longer it makes me feel as peaceful as a lake I hope the school keeps the silent moment now I like to read some letters from principals she's a letter from idea principal long PS 91 began to Moment Of Silence this school year in October we did not know what to expect but we thought it was a great idea I tried a few mornings at my staff and parents gave it to the blessings we do it every morning as us it affects calm among the children I have been here at PS 91 since 1991 17 years and something wonderful happened this year I cannot say that Moment of Silence had everything to do with our testing results but we had a 12 percentage point increase of our reading scores this year PS 91 will continue to do the Moment of Silence for the remainder of this year and next year because it is something that we need to do I would recommend that my colleagues adopt a moment of silence immediately because socially and emotionally it does make a difference here's another letter from the principal to whom it may concern the moment of silence is working very very well at PS 138 the entire school building remain silent for a minute while students staff and parents reflect and meditate or think of what they have to do during the day this Moment of Silence sets the tone for the remainder of the school day I love the moment of silence because it has positively impacted the school students enjoy the moment of silence to reflect on it in the journal is also before the Moment Of Silence inception the students came to school and started work without any type of formal announcement but now they know that instruction starts with a Moment a Silence which allows them to meditate and think about your focus on their assignments that town remain throughout the day to the school is calmer and focused on instruction in addition parents love to Po Love to participate in it some of them even wait in the auditorium to participate in this moment before we even the building they said it sets the tone for the daily activities I plan to continue the Moment of Silence this year and onwards because it was quite effectively is

Now I'd like to read some selections from the encyclopedia of stress management in research with effects of meditation on anxiety have been measured results have consistently shown anxiety to be sharply reduced in a majority of subjects if they commence the practice of meditation and a study conducted with a group of psychiatric inpatient found the dosages of psycho tropic drugs could be greatly reduced if these patients have been meditating for several weeks and a majority of cases the use of sedatives could also be reduced or eliminated in these patients the quiring effects of meditation different however from the effects brought about by psycho tropic drugs where is the relaxation brought about by drugs may slow the person down and cause grogginess the relaxation resulting from meditation does not bring with it any loss of alertness on the contrary meditation seems if anything to shop in alertness groups of meditations have been shown to face the reaction times do a better refinement of auditory perception and to perform more rapidly and accurately and perceptual motor test now here's some thing about increased self-esteem along with the tendency to be less critical the meditate it may show a simultaneous increase in tolerance for the human frailty's of others and there is often concomitant improvement in interpersonal relationships .

And this book continues in the increase of emotions those who have commence meditating frequently report report experiencing pleasure sadness anger love or other emotions more easily than before sometimes experience emotions that have previously been unavailable to them meditating clients frequently reports they have become more aware of their own opinions

since commencing meditation that they are not easily influenced by others as they were previously and that they can arrive at decisions more quickly and easily of course this is such an important result of meditation and that a person increases his self-esteem and does not go after bad influences such as people getting depressed and committing suicide or people giving up and taking drugs now he is another important result of meditation and the book goes on and says the meditating person may become likely let markedly less irritable in his or her interpersonal relationships within a relatively short period of time after

Commencing meditation meditation requires less self-discipline than do most of the methods currently use for stress control the technique itself can usually be taught in a single session and it does not require any memorization or carrying out of any sequential procedures it does not even require mental effort involved in visualizing muscle groups in the relaxation or in construction, scenes or rather images and otherwise it's a simple exercise that produces The best results I'd like to read now a another benefit of a Moment Of Silence we're at we're in the parent plays a big role and this is a psychologist and educational psychologist a article from from psychology today and he says with his route schools cannot restore to payments the rightful role as the moral spiritual authorities for the children the schools are in essence declaring to students yes you do spend a good chunk of your day here and work for us at home too but your parents are the ones who you need to look through for meaning in life it only takes minutes but the children need to discuss with the parents what they should do what they should be thinking about doing this Powell for Moment Of Silence the kids are now expected to look up to the parents as their moral spiritual authorities but consider also what is this for the pain and self-esteem when the school officially recognizes them as moral spiritual authorities furthermore there is a good chance that many parents today with all the pressures of work and I have to expect peace of mind society don't even devote time to considering what's truly important in order to help the children think of topics for Moment Of Silence contemplation the parents need to think about it as well and because parents care about their children more than anyone else they tend to take their role in a moment of silence seriously this simple activity completely avoid problems of conflict between school and parents over values because the payments are relied on for the values as they should be the values can be religious or secular I have the kids prefer to spend a moment of silence fantasizing about pleasures thinking about how their parents values are wrong or thinking about nothing at all that is fine too. Regardless of what any individual child is think I'm doing a moment of silence the majority or thinking positive things and doing so at the same time children are less likely to behave badly when they have become the day together silently contemplating each in the wrong way how to improve the lives in the world it should not be surprising that a moment of silence is profoundly powerful it is almost universally loved by the parents staff and students of the schverybools at practice it seriously.

To sum up MOs is a win win situation. Our children are our future. We have to try and give them the best. The parents love their children. Why not make it a little easier for both parent and child to have the best life possible.

Thank you .