

The Literacy Benefits of RELAXING

By: Angelina Leggo

Summer has us dreaming of vacations, picnics, beaches, and relaxing in the sun. Little did we know...

All this time relaxing is actually preparing our brains to learn. The literacy benefits of being calm and stress-free are well established so take advantage of your reduced stress levels and learn something new when you're in the right frame of mind.



How does it work? When you're relaxed...*

1. Your brain is more receptive to new information
2. You're more likely to remember what you read
3. The memories you create are long-term and stronger

How do I take advantage of this on vacation?

We don't usually think of vacations and learning together. We often associate learning with school and work. **BUT** what if we:

- Choose something we're passionate about
- Feed our curiosity
- Read something we wouldn't normally pick up
- Spend 15 minutes a day doing something new

Learning doesn't have to be productive or fulfill a specific purpose. Sometimes, it can just be trying something new. And what better time to stretch those boundaries than days when you're outside of your routine?

Encourage the children in your life to practice the same and see if this makes a difference when they start school again in the fall.

How do I take advantage of this in everyday life?

Vacations are short, but learning can be a choice you make everyday! Choose a time of day when you're calm and relaxed to take out a new hobby or book - whether right before bed or as soon as you wake up, whatever works!

*Sourced from: <https://www.reuters.com/article/idUSTRE62N4VJ/>