

Bringing a Glimpse of Nature to the Classroom

Scientists, parents, teachers and the rest of us know something about the nature's powerful capacity to calm, sooth, focus and restore our systems. It can have an almost magical impact, either up-regulating or down-regulating the individual to a better and more productive and positive state. But nature isn't always as accessible as we would like it to be and occasionally a high quality proxy might serve as a stand in. The Birds of Paradise <http://bit.ly/1sU9RDL> does a pretty good job in a 5 minute video of bringing a look of wonder to youngsters' faces and a collective calm and sense of wonder to a group. Once there, a calm, alert and ready to learn moment might have returned.