

What's Curiosity?

Curiosity is what makes human beings **learn!**

- The **more opportunities** for curiosity we provide, the more continuous the learning will be.
- We need to provide opportunities **for children of all ages** to be curious.
- We also need to **answer their questions** or search for answers with them.



Encouraging curiosity

Adults need to be positive about their children's curiosity and give them lots of opportunities to be curious as they grow. Here are some tips to do so:

- **Reward** your child's curiosity by saying things like 'that's such a good question'
- Don't be frightened to answer **'I don't know'** to difficult questions - but add **'let's find out'** and use the Internet or the library to find answers
- Let your child see that **you too are curious** and want to learn

Children from 0 to 5

Make a **sensory play**: put safe household items in a small basket for your baby to explore, include things with different textures, sounds, colours and smells for your child to use their senses.



Children from 6 to 11

Watch **documentaries** or **read books** related to health and discuss what you have watched together.

Let your child ask questions!



Teens from 11 to 15

Research a health topic that you are both interested in together. You could use the internet or go to the library.

Write down all the facts you find.



Find more resources

- Check our **booklet** for more activities
- Visit our **webpage** <https://healthathome.net/>
- **Feel free to come up with ideas on your own!**

