

# RILEY'S RAINFOREST



“Send down... from the clouds of Thy mercy the rains of Thy healing...”

—Bahá'u'lláh

## Explore & Soar: Create More Curiosity

**T**ry these tips to give your curiosity a boost:



- ☞ Ask questions. Let the answers lead you to new questions.
- ☞ Pay attention to what fascinates you. Your natural interests can take you on a journey of new discoveries.

- ☞ Browse bookshelves. A library or bookstore can introduce you to cool new topics.
- ☞ Do something unfamiliar. The challenge of learning can help you see what's possible.
- ☞ Talk to people who are different from you. The diversity of knowledge and experience can open your mind to new ideas.
- ☞ Observe nature. Let the wonder of God's creation inspire you to find out more about our world.

- ☞ Zoom in. Look closely at everyday objects to see things you haven't noticed before.



## Curiosity Is Cool

**E**xploring things you're curious about is fun, but did you know it can be good for you?

Research shows that when you encounter new things, your brain releases feel-good chemicals that can boost happiness. People who are curious say they have higher levels of positive emotions, lower anxiety, and greater satisfaction with life. They also tend to have more success at school and work. When we're interested in what we're doing, we may put in more effort, leading to better results.

In fact, curiosity can help improve our learning and memory—even for things we're *not* interested in. One study found that rousing participants' curiosity with trivia questions helped them do better on an unrelated memory test given at the same time. Curiosity is like a

whirlwind that pulls in what you want to learn, along with other things around it. If you need to learn something that doesn't grab you, try studying more interesting stuff at the same time.

Curiosity can help improve our relationships with others, too. When we take an interest in people's feelings and experiences, it helps us develop closer bonds. And the more we get to know different people, the more we build our empathy and understanding.

You can create your own storm of curiosity by being inquisitive and staying open to new experiences. Read a variety of books. Play a new game—or create one. Make a list of topics you want to know about. There are so many things to do and learn. Pick one and start investigating!

## Curiosity Canopy



**D**id you know that you *can* slow down time? When we're doing new things, minutes go by more slowly—or at least it feels like they do. Our brains have to process more information with new experiences than with familiar ones, which stretches out our sense of how much time is passing.