



## How to Observe Children to Gain Insights into Cognitive and Emotional Development?

**One Thing to Remember:** Observing and interacting with children can provide valuable insights into our own development. Children's natural curiosity and learning processes stimulate the DMN, CEN, and SN, reminding us of the importance of play and exploration for lifelong personal growth and well-being.

### One Thing to Try:

- **Action:** Spend time observing children play, without correcting, remarking, or actively participating. Notice something specific about each child and the environment, guided by the W questions: What, Where, Who.
- **Why It Works:** This practice helps you understand the natural learning and development processes in children, and how these can reflect and inform your own cognitive and emotional growth. By focusing on their interactions and environment, you can gain deeper insights into the dynamics of play and exploration.
- **Guidance:** Watch quietly and attentively. Ask yourself:

- **What** are the children doing? Are they building, pretending, solving problems?
- **Where** are they in the space? Are they using different areas for different types of play?
- **Who** are they interacting with? Are they playing alone, with peers, or with adults?

**Over to You:** Take mental notes on these observations, reflecting on how children's play can inspire a similar sense of curiosity and openness in your own life. This mindful observation can enhance your appreciation for the developmental stages and the importance of play in fostering cognitive and emotional resilience.

## How to Enhance the Default Mode Network (DMN) through Storytelling?

**One Thing to Remember:** Engaging in shared activities like storytelling and reminiscing with loved ones can enhance the Default Mode Network (DMN), promoting a stronger sense of self and deeper connections with others.

### One Thing to Try:

- **Action:** Ask any of your relatives or friends to tell you about what they found exciting or sad this week, and listen without interruption. Then, share your own experiences.
- **Why It Works:** This activity fosters active listening and personal connection, which strengthens the DMN by engaging in reflective and social cognition.
- **Guidance:** Focus on truly listening. Resist the urge to interrupt or interject with your own stories until it's your turn. After they finish, share your own experiences in detail, highlighting your emotions and thoughts.

Over to you,

## Aidyn and NX10 Team

At Nx10, we're on a mission to harness data on brain function to extend and enhance good quality life years. Imagine a future where everyone enjoys a longer, healthier quality life - that's our vision!

**P.S. Got Questions? We're all ears!**

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