

# 16 Ways to Create Calm and Balance

*What are they?*

## THE SCIENCE OF EQUILIBRIUM





# Our Universe is in a Perfect Balance.

How do we know?

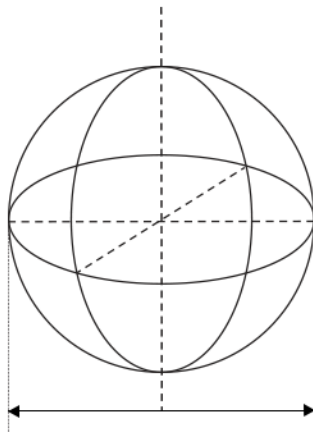
## Historic evidence:

Earth - the planet we live in is 4.543 billion years old. It is equilibrated, cyclical, predictable, navigable, stable, built on architecture of balance.

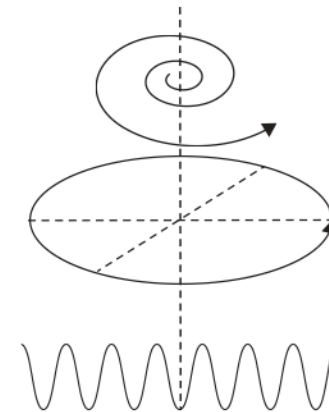
## Biological evidence:

Human body system is a result of 300,000 years of design. It is stable, cyclical, predictable, navigable, stable, built on stable processes of balance.

## Architecture of balance:



**Symmetry**  
**Beauty**  
**Balance**



**Repetition**  
**Rhythm**  
**Balance**

**Balance is a built in, base property of this Universe.**

And we know how to create it.

# RESOURCES FOR PARENTS AND TEACHERS

## EQUILIBRIUM DEFINITION

*Equilibrium means balance.*

Equilibrium is a state of all living organisms and all physical systems.

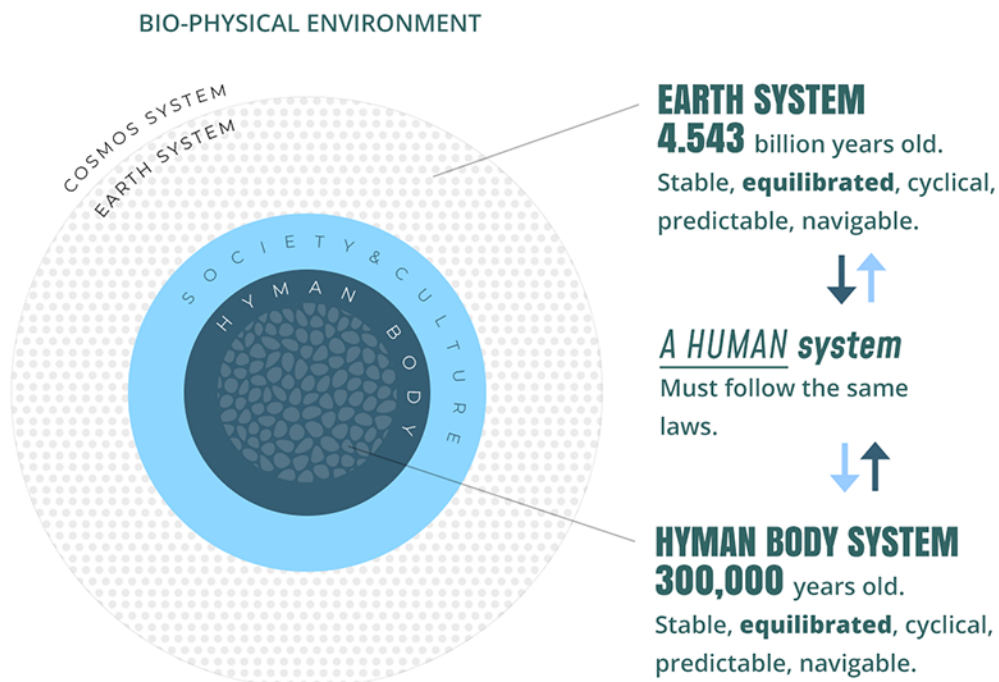
Every cell in our body is in equilibrium.  
Earth, the planet we live in is in equilibrium.  
The universe is in equilibrium.

**Dis-Equilibration triggers growth or decay.**

**Re-Equilibration is a skill of re-construction and intelligence.**

Our current society is in the state of change and growth.  
The skills of intelligent transformation will lead us to the new better society.

**Skills of intelligent change are the key to the future of our planet.**  
**Kids can and must learn skills of stable transformation.**



# RESOURCES FOR PARENTS AND TEACHERS

## HOW KNOWLEDGE CREATES STRUCTURE, STABILITY AND EQUILIBRIUM IN OUR LIVES

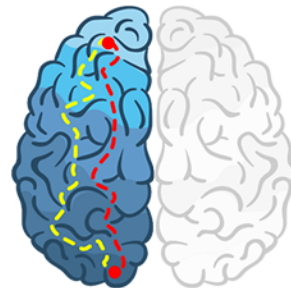
### Current Research Data

How do we learn? According to latest science - learning involves **changing the brain**. To learn means **to construct new or strengthen existing pathway between neurons** of a brain.

New techniques in **Magnetic Resonance Imaging** allow scientists to see and confirm this process of creation of **stable patterns of activities** in the human brain. Scientists call it plasticity. It is our brains **innate ability to create new constellations** of connections between neurons in different parts of the brain.

**2014 Nobel Prize winners May-Britt and Edvard Moser** discovered that animal brain creates mental maps of environment it is in. These mental maps help humans and animals to remember environment they are in and the actions they took while moving around these environments. These maps of place and actions are sets of cognitive processes and learnings that **Piaget 50 years before called schema**.

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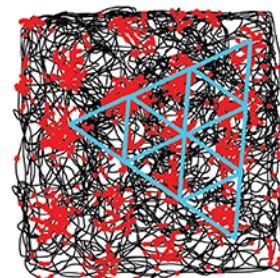
CONNECTIONS



STRUCTURE



STABILITY



THE  
NOBEL  
PRIZE  
Discovery

# RESOURCES FOR PARENTS AND TEACHERS

## HOW DO WE CREATE EQUILIBRIUM?

### Physical Equilibrium

#### *Stable Environment*

Stable environment creates stability in the mind and body.



#### *Beauty and Symmetry*

Visual order creates mental order.



#### *Repetition*

Repetition and patterns create visual rhythm and mental order.



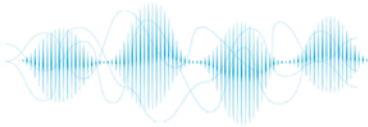
# RESOURCES FOR PARENTS AND TEACHERS

## HOW DO WE CREATE EQUILIBRIUM?

### Process Equilibrium

#### *Rhythm in Sound*

Rhythmic sounds create cyclic body resonance, stability and sense of balance.



#### *Rhythm in Movement*

Body movement changes mental and emotional states of a child and adult. Fast dancing increases energy, slow dancing reduces energy, stable rhythm restores sense of stability.



#### *Balancing exercises*

Yoga and Tai Chi train our body to gain and manage equilibrium.



#### *Rhythm in Voice*

Singing melody or songs slows down breath, calms emotions.



# RESOURCES FOR PARENTS

## LEARNING THEORIES (WHY & HOW)

### HOW DO WE CREATE EQUILIBRIUM?

#### Process Equilibrium

##### *Rhythm in speech and breath*

Breathing exercises, speaking poetry and rhymes create regularity and rhythm in a body and trains the mind.

We don't fight, we don't fight.  
Let's make up and never fight.  
We are friends, we are friends.  
Friends make play and never fight.



#### Connection Equilibrium

##### *Stable Connection*

Stable connection to friends and community supports information and knowledge exchange, provides feedback and helps kids and adults to grow. **Growth requires safety, freedom and healthy community.**



##### *Balanced Relationships*

Relationships based on friendship and equality provides safety to speak, to think freely. Speaking is loud thinking and required for mental development.



# RESOURCES FOR PARENTS AND TEACHERS

## HOW DO WE CREATE EQUILIBRIUM?

### Organisation Equilibrium

#### *Structured Knowledge*

Knowledge is organized information. Math and science give structure to the mind, **a sense of stability, control, and structure** to life.



#### *Memorization*

To memorize something is to connect facts and events of life and store them for the future use. A simple memorization of multiplication table creates neuronal connection in the brain, neuronal connections structure the mind, give a person a **feeling of control and confidence**. A memorization of facts of history gives a person **sense of perspective, belonging and direction** in life.

$1 \times 1 = 1$	$1 \times 2 = 2$
$2 \times 1 = 2$	$2 \times 2 = 4$
$3 \times 1 = 3$	$3 \times 2 = 6$
$4 \times 1 = 4$	$4 \times 2 = 8$

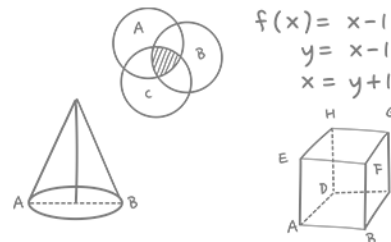
Multiplication Tables



#### *Mathematics*

Mathematics is a science of correlation of things and laws of stable transformation. Math teaches a kid skills of thinking, **skills of connection, transformation, logic and argumentation**.

$$(a+b)^2 = a^2 + 2ab + b^2$$



#### *Writing*

Writing opens up the human mind to the world. Writing is an exercise in self understanding, **self-study, and psychology**. To write is to listen to yourself and understand.



# RESOURCES FOR PARENTS AND TEACHERS

## HOW DO WE CREATE EQUILIBRIUM?

### Construction Equilibrium

#### *Art*

Art on the **physiological level** is a development of eye-hand coordination. Our eyes are directly connected to the mind and hands to the body. Making art creates the balance between the human body and the mind. Art on the **cognitive level** is an act of experimentation and construction, organization of new objects of life. All art is an **exercise in freedom to construct a new life**.



#### *Acting*

Acting is one of the most effective **methods of personal development**. A person learns to open up to the world, learns to communicate his emotions, free of fears and phobias associated with communicating with others, speaking to the public, studying and building character, and understanding life and other humans. To act is to learn to become the human we want to be, to change habits, thoughts, and ideas about the world.



### Summary

*“Art is the most important center of all biological and social processes in the individual and in the society. It is a method of balancing a person with the world in the most critical and responsible moments of life.”*

*~ Vigotsky.*

*Art transforms our minds, our minds transform life.*

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# WHAT IS GOOD



and what is **BAD**

?

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# 5

WHAT IS GOOD AND WHAT IS BAD?

# LESSONS

*in* **SOCIAL**

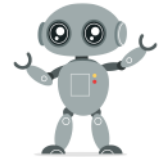
**INTELLIGENCE**

for Kids



**ORDER  
FULL BOOK**

WHAT IS  
**GOOD**  
AND WHAT IS  
BAD?



*by Maria V Shall*



# WELCOME



Every child needs a structure, so does a parent and a teacher. More and more parents today want to learn how to become good teachers, know and understand available learning theories and teaching methods to help their children to grow into smart, happy adults. This book was written to help these wonderful, courageous parents and teachers to achieve their goals.

The book is divided into two sections. Part one contains 5 lessons in decision making and social skills. Part two is a guide for parents and teachers in major theories of human learning, human intelligence, artificial intelligence and their application to developing skills of intelligence in kids.

*Children are the future of our planet.  
Happy, healthy children - happy healthy planet.*

***We the Parents hold the future of our planet in our hands.***

# ABOUT THE AUTHOR



*I am Maria V Shall* a science journalist, a mother, a yoga teacher, and a cultural analyst, who traveled the world, and observed many cultures. My books provide well-structured knowledge about theories of human development, learning, and change.

A good parent is always a good teacher. We teach kids how to be themselves, how to connect to other people, how to live in a community, how and why to follow social rules, how and how to modify them when needed, how to transform our society into harmonious place for all.

I believe that there is nothing more important in the world than rising humans. I believe that in the next two years Parenting will become a full time profession and a calling of choice for many parents on our planet.

***What is my goal?*** To empower new generation of Professional Parents with latest science of Human Learning.

**We the Parents hold the future of our planet in our hands.**

**We have the power to educate our children and give them strong stable skills to live well, to live with ease, to live in peace and create the life of their choice.**



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