

What Adults Can Learn From 75 Years Of Letters And Conversations With Kids



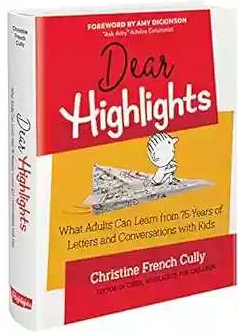
A Glimpse into the Minds of the Future

For 75 years, psychologists and researchers have been studying the letters and conversations of children in an effort to gain insights into their minds and how they view the world. The findings of these studies reveal a wealth of wisdom that adults can learn from.

The Power of Curiosity

One recurring theme that emerged from the years of data is the power of curiosity. Children have an insatiable thirst for knowledge and a relentless drive to ask questions. They explore the world around them with wide eyes and an eagerness to learn. As adults, we often lose touch with this curiosity, becoming

complacent and settled in our ways. Embracing curiosity can help us see the world through fresh eyes, reigniting our sense of wonder and inspiring innovation.



Dear Highlights: What Adults Can Learn from 75 Years of Letters and Conversations with Kids

by Christine French Cully (Kindle Edition)

★★★★☆ 4.7 out of 5

Language	: English
File size	: 148842 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 335 pages



The Joy of Simple Pleasures

In a world filled with constant distractions, children remind us of the joy that can be found in the simplest of things. From chasing butterflies in the park to building sandcastles on the beach, they find happiness in the present moment. As adults, we tend to get caught up in the pursuit of material possessions and status, often forgetting the value of simple pleasures. By reconnecting with the childlike joy of everyday moments, we can find greater fulfillment and contentment in our lives.

Unfiltered Honesty

Children have a remarkable ability to speak their minds without censorship. They express their opinions and emotions unabashedly, without fear of judgment or ridicule. As adults, we often hold back, filtering our words and emotions to

conform to societal standards. Embracing the honesty and authenticity of children can result in more genuine connections and a greater sense of self-expression.

Resilience in the Face of Failure

Children possess an incredible level of resilience. They fall countless times while learning to walk, yet they continue to get up and try again. Failures are merely stepping stones on the path to success. As adults, we tend to fear failure and let setbacks discourage us. By adopting the resilient mindset of children, we can bounce back from failures and setbacks, using them as opportunities for growth and learning.

Letting Go of Judgment

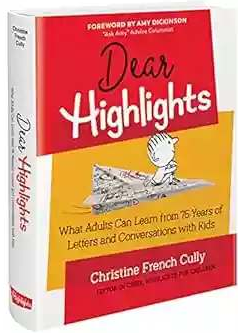
Children are accepting and open-minded. They don't judge others based on their appearance, background, or beliefs. They make friends with ease, welcoming everyone into their world without prejudice. As adults, we often hold onto preconceived notions and judgments. By letting go of these biases, we can foster greater empathy, understanding, and inclusivity in our relationships and communities.

Embracing Imagination and Creativity

Children have vivid imaginations and boundless creativity. They can turn a cardboard box into a spaceship or a stick into a magic wand. As adults, we often suppress our creativity and limit our imagination to fit within societal norms. Embracing the imaginative spirit of children can unlock our creative potential, leading to innovative ideas and new perspectives.

Adults have much to learn from the minds of children. By reconnecting with curiosity, embracing simplicity, fostering honesty, cultivating resilience, releasing

judgment, and tapping into imagination, we can rediscover the wonders of the world and bring greater joy, authenticity, and creativity into our lives.



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A unique, inside look at American childhood through the conversations between Highlights magazine and its young readers and a call to grown-ups to make time to actively listen to the children in their lives.

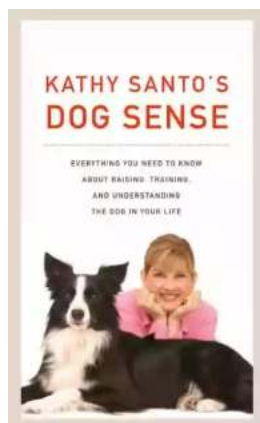
Every year, tens of thousands of children write to Highlights magazine, sharing their hopes and dreams, worries and concerns, as if they were writing to a trusted friend. From the beginning, the editors at Highlights have answered every child individually. Longtime editor in chief Christine French Cully has curated a collection of this remarkable correspondence (letters, emails, drawings, and poems) in Dear Highlights--revealing an intimate and inspiring 75-year conversation between America's children and its leading children's magazine. From the timeless, everyday concerns of friendship, family, and school, to the

deeper issues of identity, sexuality, divorce, and grief, here is a unique time capsule of American childhood in the voices--and the very handwriting--of children themselves. The book captures a child's-eye view of some of the most important events of the past 75 years: the COVID-19 pandemic, 9/11, the Challenger Disaster, and the assassination of John F. Kennedy. Cully's insightful narrative becomes a call to action for adults to lean in and listen to children, to make sure our kids know that they matter and what they think matters, and to assure them that they have the power to become people who change the world.

By turns funny, heartbreaking, moving, and enlightening, Dear Highlights will cause readers to reflect, to listen, and to embrace the children in their lives.

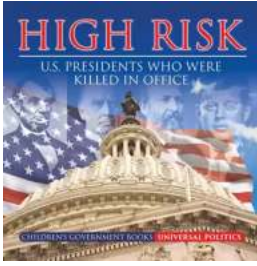
From the foreword by nationally syndicated columnist Amy Dickinson:

“In times of great stress or trouble, Mr. Rogers advised children: ‘Look for the helpers. You will always find people who are helping.’ That’s exactly what children writing to ‘Dear Highlights’ find when they put pen to paper: helpers whose open-minded trust and kindness surely has made our world a better place.”



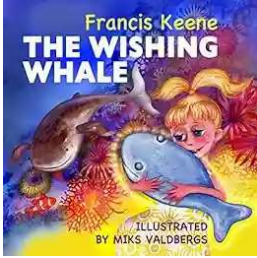
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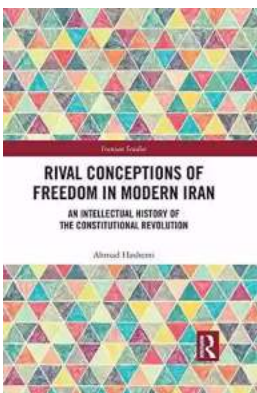
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