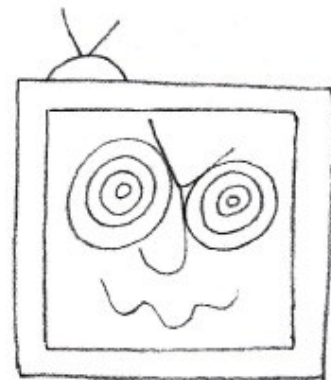


# WE ARE LIKE SPONGES!

It sounds funny but it's true. We are like sponges, especially when we are young. Even if we don't realize it, we absorb everything we hear and see. Tons of information gets stored in our inner databank called memory. It's impossible to remember it all, but it's there! And when we repeat the same things again and again or see the same kind of images every day, these images fill our mind with the thoughts behind them and form our character!



Watch movies that are good for you.



This is alright when the input is good. But if the programs we watch are full of violence and instil fear, or if they are snappy, fast and bright like those video games we love to play with, we pick up the same content and speed, become hyperactive and filled with anxiety. This fast moving assimilation does not leave time for concentration, so our capacity to focus on anything can't grow. Result? We are always distracted! Whatever we have in our inner databank feeds our emotions, and manifests in our thoughts and actions. We must remember this and be careful and cautious. We can't just let everything in!

HOW CAN WE KEEP THE "SPONGES OF OUR CONSCIOUSNESS CLEAN? IT'S EASY:  
GOOD READING MATERIAL, GOOD MUSIC, UPLIFTING MOVIES E GOOD COMPANY!

## THE RIGHT CHOICES ARE FUNDAMENTAL - SUPPORT FOR PARENTS

It's important to help children understand how what they see, hear and do effects them, so they can learn to choose good quality input. It is a bit like helping them distinguish between healthy nutrition and junk food. Becoming conscious of the effect that sensorial food has on us fosters awareness and makes us actively involved and responsible for our future! Let's help children learn to discern through the art of questioning. They can assign a value to their experiences, too.

Name of the movie/game

Type

It was violent

It was scary

It was funny

How did it help me?

How did it effect me and why

Decision:

educational -comedy- crime-horror-war

0 3 5 7 10

0 3 5 7 10

0 3 5 7 10

0 3 5 7 10

Positively - Negatively

I will see it/repeat this experience. I will not see it/repeat the experience.