

Mindfulness and Unschooling

Editor's Pick. Written by Pam Laricchia.

I love the variety of words that express the concept of being mindful: observant, aware, attentive, conscientious, careful, cognizant, considerate, present, respectful, thoughtful, sensible.

Living mindfully is another skill that I picked up as I played with creating a solid unschooling environment in our home. Being mindful walks hand-in-hand with unschooling because they both call us to **be observant and make conscious choices**, see how they play out, and incorporate those experiences into our lives moving forward. It's how we learn, regardless of age—from learning to walk to figuring out games to discerning our sleep patterns to improving our communication skills to choosing work. So much of unschooling is about being aware of our environment, ourselves, the people in our lives, and the ways they all swirl together.

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