

## Q Is for Quietness

When you are quiet and listen, you are able to learn more about the world around you.

Sometimes there is so much happening that it can be hard to get calm and quiet. But you'll be amazed at what you can learn and understand when you're quiet and pay attention to things that aren't always very obvious.

Stop, get quiet, listen, and learn!

---

### Put it into action:

Take some time to be quiet each day. Keep a journal of some of the things you learn during those times.

---

