

## THE NATURE OF CHILDREN'S WORDS

### Insights from a Child's Vocabulary:

If we listen and observe carefully, we can gain great understanding about our children's natures through the words they frequently speak – or do not speak at all. As children increasingly internalize language, words can shift the child's temperament. Healthy vocabulary growth helps enrich overall well-being. Negative language induces muscle tension and inhibits healthy learning, and physical and emotional growth. Consciously changing one's words can change one's physical, mental and emotional nature.

### Gently Enrich Vocabularies:

As you practice **Alphabet Fitness**, help each child create a special "word diary" to track the main words he/she uses each day. Practice changing the negative words, or other energy-depleting words, and watch the nature, comfort level, and learning ability of the child shift. Add a few missing words ...especially loving, praising, melodious words. Notice the change.

### Match-up a Child's Nature to the Nature of his/her Words

**Communicative Nature:** Are the child's words primarily visual (i.e. Let me see)? Auditory (Let me hear)? Tactile (feel)? Gustatory (taste, a 'gut' feel, visceral)? Or olfactory (scent)?

**Socially Interactive Nature:** Are the child's words shy, playful, reserved, social, aggressive, serious, comfortable, compassionate, or empathetic?

**Emotional Nature:** Are child's words frequently excitable, fearful, calm, blasé, curious, sad, light-hearted, happy, content, serious, shutdown, or non-demonstrative?

**Imagery Nature:** Are the child's words mostly mechanical, flowery, animal words, people words, nature like, sensory words, TV or game-oriented language?

**Physical Nature:** While talking and/or silent, is the child's body flexible, active, or rigid? Are tension levels high or low? Is breathing shallow or diaphragmatic? Are body movements ambidextrous or single-sided, big or small muscle movements?

**Concentrative Nature:** Are child's words used mostly focused, detailed, concise, peripheral, or rambling?

**Voice Nature:** Notice the pitch, volume, clarity, pace, melody, coarseness and speed of words. **Attitude Nature:** Are child's words mostly positive, negative, funny, sad, questioning, or helpful?

**Connective Nature:** Does child frequently use words like we, us, our, let's, me and/or I?

**Brain Nature:** Are words fast, cooperative, competitive, concrete, imaginative, anxious, or calm?

**Dream Nature:** Dreams speak for children's inner nature. Help the child put them into words.

*We are nurtured by the nature of our words. Choose healthy words.*

Try a day  
without  
letter C

OR a day with  
MANY letter  
Ls

How does it  
make you  
feel?

How does it  
make you  
change the  
words you  
communicate  
with!