

CURIOSITY

SUPER SKILLS

WHAT IS

“The engine of academic achievement,” **curiosity** is a genuine desire for knowledge and the motivation to actively seek out new information. Curiosity drives learning and motivation, fosters empathy and aids critical thinking, decision making,

and relationship skills, and is key to life satisfaction and health.

Curious children are better problem solvers.



Curiosity is essential to children’s early development and well-being. Curious people learn better and faster and obtain better academic and work achievements throughout life. Curiosity can even enhance memory and brain development.

Curious people have improved social interactions and are better at expressing empathy. Curiosity is key to personal growth, critical thinking, effective decision-making, and happiness, including social and intimate life.

Curiosity drives societies’ scientific and economic development. A world without a thirst for knowledge would be a world without progress and hope.

Learning new things activate the parts in the brain associated with the anticipation of reward, suggesting that intrinsic motivation drives curiosity.

WHY CURIOSITY MATTERS

Did You Know?

Children are born naturally curious and need positive and supportive social interactions and opportunities to cultivate their curiosity.

Curiosity is one of the Super Skills promoting Social and Emotional Learning (SEL).



**Listen
FIRST**

THE SCIENCE OF SKILLS

Listen First, a UNODC initiative to support happy, healthy and nurturing families.

www.unodc.org/listenfirst



THE SCIENCE OF SKILLS

UNODC's Listen First materials support the development of children that will grow to be happy, successful persons in their communities. Children who develop social and emotional learning and life skills can navigate the good days and challenges of life. They are also a part of an effective and evidence-based substance use prevention approach.

SELF MANAGEMENT

Being able to regulate one's emotions.
Do you think before acting?
Do you set and achieve goals and plans? Do you recognize anger?

RESPONSIBLE DECISION MAKING

The ability to make decisions about your life and others.
Do your decisions have a positive impact on others?
Do you use critical thinking skills to set priorities?

STRESS MANAGEMENT

Being able to make changes to your life if you are in a stressful situation.
Do you prevent stress by practicing self-care and relaxation?
Do you manage your response to stressful situations when they do occur?

SELF AWARENESS

To recognize one's emotions and behavior.
Do you know your emotions?
How do they influence your behavior?

Grow Your
Super Skills
AND THRIVE!

RELATIONSHIP SKILLS

The ability to build positive relationships, especially with diverse groups.
Do you use communication skills such as active listening, and conflict resolution?
Do you practice empathy?



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