

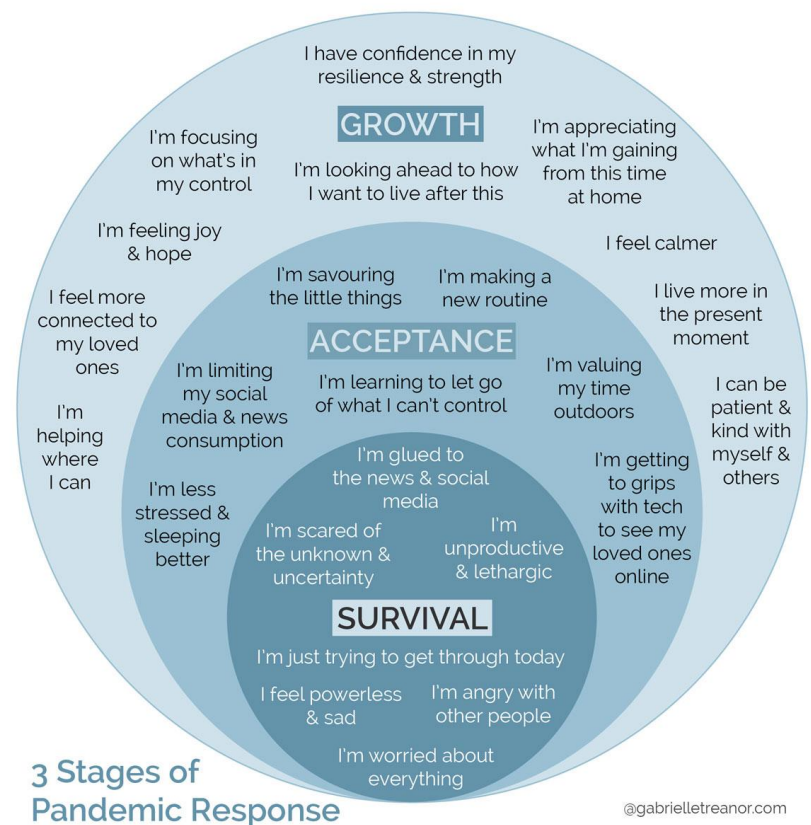
Stillness, Slow Thinking, Slow Pedagogy

I wonder if things went into over-drive in your household before the break, just like mine. It seems as though, thanks to COVID-19, that educators, parents and students are in a big rush. The rush started after the decision was made to promote social distancing by offering distance or online learning. From quality face-to-face learning in classrooms focused on deep-thinking, we shifted into top gear. Packets of work were prepared, online tools rapidly expanded, new options for content delivery were examined and quickly deployed. We wanted to make sure that our students continued their learning.

In 17 days of CSL, a very short period of time considering the big picture, transformation has taken place. My colleagues in the teaching profession have demonstrated extraordinary levels of creativity and patience. I applaud their versatility, adaptability and nimbleness in responding to feedback. Learning has continued. But maybe now is the time to consider the pace. Learning is, after all, a marathon, not a sprint. Now we are beyond the initial phases of the metamorphosis to online learning we can settle into a pace that is better suited for the long haul. The two-week break came at a perfect time for all of us. It gave us time to reflect, to be still, to think about the important things in our lives: our friends, family and loved ones. In his recent talk at the Google headquarters, Ryan Holiday discusses how he draws on timeless stoic and Buddhist philosophy to demonstrate why slowing down is the secret strategy for those charging ahead. Take a look at the titles for the time stamps; I urge you to [watch it](#). Also, my thanks go to parents that have shared their 'pearls of wisdom' during these unusual times. For example, the [3 Stages of Pandemic](#) response from the College of Paramedics. I firmly believe our Bangkok Patana Community is evolving from the *Acceptance* to *Growth* stage.

"Stillness is the Key" timestamps
















1. Get up early [4:04](#)
2. Start the day phone-free [5:02](#)
3. Go outside [6:52](#)
4. Journal [7:40](#)
5. Do the main thing right away [10:55](#)
6. Routine. Routine. Routine. [13:26](#)
7. Don't watch the news [16:08](#)
8. Explore a hobby [16:50](#)
9. Exercise [20:13](#)
10. Treat relationships seriously [23:00](#)
11. Say "No." A lot. [25:24](#)
12. Let go. A lot. [29:00](#)
13. It's either up to you, or it isn't. [29:27](#)
14. Practice being present. [31:10](#)
15. One of the hardest things is to do next to nothing...
16. The good news about the present is that it keeps showing up to give you a second chance... [33:25](#)
17. Find "enough."



The obvious answer is to slow down, to pause, switch off and take the time we need to reset but doing this requires deliberate action. We begin the process of slow thinking by recognising that taking our time, slowing down and being deliberate in the processes of thinking, is a pathway towards becoming more productive, more creative and more attuned to the world around us. In what seems like a contradiction in terms, the best strategy for coping with the rapid pace of our lives is not to speed up but to slow down. Outdoor education refers to this as *slow pedagogy* - learning to appreciate and love the outdoors, nature, mountains, lakes and oceans. It takes years to evolve – the long walks with your parent(s) when you were young, the ones you fondly recall and try to recreate with your own children, they, like empathy and other soft skills, are all examples of slow pedagogy.

Take for example, the maths challenge sent to our family over the recent break. We rushed into answering it and failed many times. Only when slowing down, observing the detail, did we get the [correct](#) answer. Try it yourself right now!

Only for genius

	+		+		=	60
	+		+		=	30
	+		+		=	9
	+		+		=	42
	+		x		=	?

More than 90% will fail

In October 2016 we held our Global Learner Conference here at Patana. One of the short-listed keynote speakers was Gerd Leonhard. Over the past two decades Leonhard has risen to one of the top 10 futurist keynote speakers worldwide. He has performed at over 1500 engagements in 50+ countries, with a global audience of over 2.5 million people. Gerd's client list includes most Fortune 500 companies as well as many governments and NGOs. He is a leading global influencer in the field of digital ethics. Gerd has written

five books, including the best-selling 'Technology vs Humanity' (2016). Gerd's films on the future of technology and humanity, digital transformation and artificial intelligence have reached millions of viewers. In his latest YouTube [video-short](#) he looks at how COVID-19 is changing our world. I have no doubt that the change that has occurred in education, as a consequence of this pandemic, will have a profound and long-lasting impact on the way in which we learn and teach. It's up to us to think carefully, to think slowly, to think strategically, to act with purpose and seek opportunities

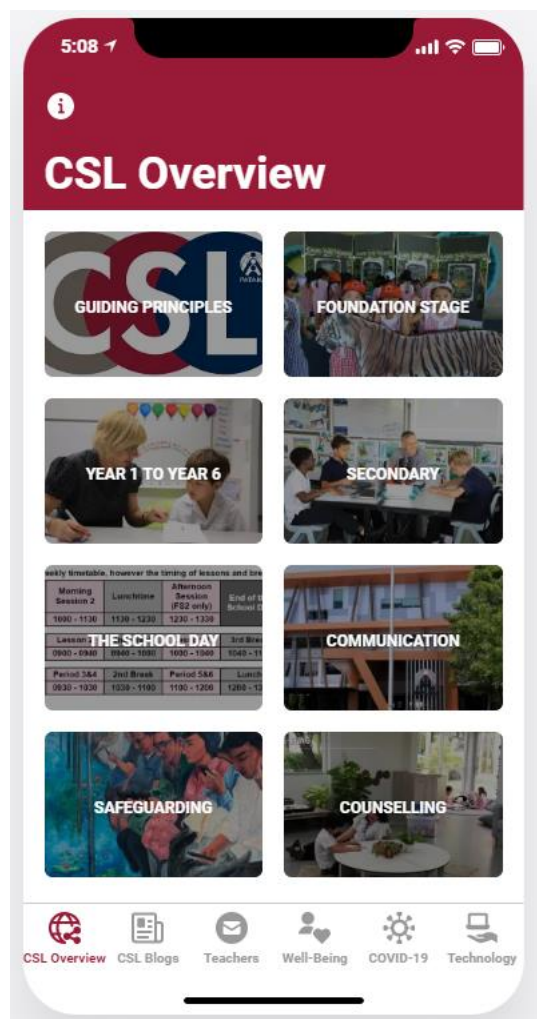


in the transformation to amplify our humanistic traits, for they will ultimately be our most valuable commodity.

“ONLY A CRISIS – ACTUAL OR PERCEIVED – PRODUCES REAL CHANGE.
WHEN THAT CRISIS OCCURS, THE ACTIONS THAT ARE TAKEN DEPEND ON THE IDEAS THAT ARE LYING AROUND.
THAT, I BELIEVE, IS OUR BASIC FUNCTION:
TO DEVELOP ALTERNATIVES TO EXISTING POLICIES, TO KEEP THEM ALIVE AND AVAILABLE
UNTIL THE POLITICALLY IMPOSSIBLE BECOMES THE POLITICALLY INEVITABLE.”
MILTON FRIEDMAN



#150: Continuing Student Learning (CSL) App



To celebrate the 150th Taylor's Tech Tips I've written a CSL@Patana app to help parents navigate more quickly to the blogs and other frequently used areas of Firefly. It's not available on the app store, but you can access it from [this link](#) or simply point your phone at the QR code below. When prompted, add the bookmark link to your home screen. Email me if you have any feedback on how it can be improved. I'll continuously update the content during our CSL programme.



Inspiration for this article from: Nigel Coultts blog post '[Taking the Time to Think](#)'