



**CHARLOTTE MASON HOME EDUCATION READ
ALONG SERIES**

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CONDITIONS OF HEALTHY BRAIN ACTIVITY

WEEK 6 QUESTIONS

**WHAT WAS THE FIRST CONDITION OF
SUCCESSFUL EDUCATION?**

**SHOW THAT DAILY EFFORTS, INTELLECTUAL, MORAL
AND PHYSICAL ARE NECESSARY FOR CHILDREN**

**ON WHAT PRINCIPLE IS THE BLOOD-SUPPLY
REGULATED?**

**SHOW THE IMPORTANCE OF REST AFTER
MEALS**

What is the best time for lessons? Why?

On what principle should a timetable be arranged?

Show that the brain activity is affected by nourishment.

Under what conditions does food increase the vital quality of the blood?

Why must food be varied?

Show that children are spendthrifts of vitality.

Give a few useful hints concerning meals.

Why should there be talk at meals?

Give some rules to secure variety.

Show fully that air is as important as food.

What have you to say of the children's daily walk?

What is meant by the oxygenation of the blood?

Show that oxygen has its limitations

What are the dangers of unchanged air in spacious rooms?

'I feed Alice in beef tea' Why?

What of Alice's mind?

What are the joys of Wordsworth's "Lucy"?

Show the danger of stuffy rooms

What principles must regulate ventilation?

Why is night air wholesome?

Upon what physical facts does the need of sunshine depend?

Show that the skin does much scavenger's work.

Why do person's die of external scalds or burns?

Why is a daily bath necessary?

Give some instructions for clothing children.

Favorite Quote this week:

Your takeaway:
