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Slow down and enjoy the little things

George Bernard Shaw once said, "We don't stop playing because we grow old, we grow old because we stop playing." In other words, we don't have to look young to be young, we don't have to ever stop playing or be scared of trying new things.

Grownups want to have a perfect life, one in which they don't fail. So they don't take risks – they take the safe road. Children don't understand that. We take risks – we don't play it safe. We are not afraid of making mistakes because we know that we can get another chance.

Grownups have lost the ability to think out of the box. In a child's eyes, a cardboard box could be a million things – a rocket, a fortress, a mon-



ster. A grown-up looking at the same cardboard box will only see a box to be disposed of.

We enjoy the small things. We cherish most of what we see. We stand back and look at a rainbow or a leaf passing by.

So why don't adults play again, rediscover their childhood, slow down and find joy in the

small things in life as only a child can. Let them take out time each day to explore this world and take risks. If you try hard enough, you will always get another chance.

So the most important thing I would teach my parents is how to be a child again – how to look at something and see the wonder in it, to stop worrying and start living, to have fun and to be free!