

SIGNIFICANCE OF REST IN THE LEARNING PROCESS

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“If you get tired, learn to rest, not to quit”. - Bansky Sanvello

Studies and research suggest that having enough rest and proper amount of sleep helps the learning process and our memory to be more focused, improved our concentration and motivation. It also implies that once you practice proper rest you will be more organized and leads to good performance.

Every person needs sufficient quantity of rest specially when it comes to studying and learning due to constant using of memory and so much to learn and take in. Rest is not just about the physical though it is also important! It is also about mental and emotional. Resting gives and helps the children to be physically and emotionally ready and for them to enjoy another set of activities in a day.

Sleeping and having proper amount of rest has its benefits for your body to be fully recharged. Furthermore, this also helps the children to process new information and make them feel refreshed.

On the other hand, teachers as well require sufficient amount of rest and sleep so that they can deliver the lesson and maintain quality education. Specially now a days that most of them are struggling physically because of workload, mentally and emotionally because some students and parents are not easy to please or simply being harsh on them. The fact that they must maintain their professionalism inspite of having personal problems really show how selfless a teacher can be.

We all have that limit particularly when it comes to how much knowledge we can obtain in a day. So, the brain itself needs its own rest to build new categories and

pathways to keep in mind all the instruction and new data. In one day, there are a lot of things going on, and it's necessary to have regular breaks in the learning process.

Overall, sleeping and resting surely will help increased children attention spans that can be a guide to easier learning and giving them the right time to function properly and manage their impulses.

References:

<https://stpetersprep.co.uk/importance-of-rest/>