How Interacting With Children Can Make You Feel Younger – Aug 18

Spending time with children is a magical way to regain energy and perspective. Playing cricket with my nephew, Karthik and niece, Tanya lifts my spirits instantly. Their energy, imagination, and spontaneity are contagious.

By pradeep | August 22, 2025



Spending time with children is a magical way to regain energy and perspective. Playing cricket with my nephew, Karthik and niece, Tanya lifts my spirits instantly. Their energy, imagination, and spontaneity are contagious.

Helping them with homework, listening to their stories, and playing games allows me to see the world anew. I feel more flexible, curious, and vibrant. My cousin's daughter, Ishita often joins us in art or science projects, which keeps me learning and growing.

Interacting with children creates laughter, challenges, and excitement. Their curiosity rejuvenates my mind and keeps me engaged with life. I've realized that being around young minds isn't just enjoyable—it actively contributes to mental sharpness and emotional wellbeing.

Children remind us that age is not a barrier to joy. Their innocence and energy bring out the child in us. Through these interactions, I've learned that staying young is a mindset, nourished by love, play, and connection.

Blue Circle Living

© 2026 Blue Circle Living