



“(in response to a baby being brought into the classroom)  
At once the children sat still, controlling even their breathing, and so they remained, with the serene, intense look of those engaged in meditation. Little by little in that impressive silence little noises were heard, a drop of water falling in the distance, the far-off twitter of a bird. This incident was the origin of the silence exercise.”

Maria Montessori, *The Secret of Childhood*, Page 130

**LEARN MORE AT [MONTESSORI150.ORG](https://montessori150.org)**



—Pioneering Woman | Global Social Impact—