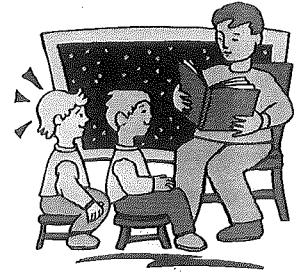


10 Suggestions to Help Children to Sit Still



1. Make sure children have recess every day at school (indoor or outdoor). Everyone needs to give the brain and body a break. Make sure recess gets the respect it deserves at the school.
2. Make sure the child is seated properly. If the child is sitting in a chair that is too big and the feet do not touch the floor, you will most likely observe lots of leg swinging and bouncing. The child's hips, knees and ankles should be at 90 degree angles to ensure proper positioning.
3. Offer a variety of seating options. Need to burn off some energy, try sitting on a therapy ball. Want to stretch the legs, try standing up and working at a higher surface.
4. Check the child's sleeping habits. Children will move and bounce to keep themselves alert and awake to pay attention. Make sure the child is getting the proper hours of sleep per night.
5. Make sure your expectations are appropriate. Don't expect young children to sit still for long periods of time without breaks. If older children just sat through an hour long test, it will be difficult to sit still and concentrate.
6. Provide frequent physical activity breaks throughout the day. Turn on some music and dance between periods. Squeeze in gentle stretching or yoga poses in between stressful lessons.
7. Include physical activity in academic lessons or reviews. For example, try having children run in place at their seats. When you ask a question, they stop and write down the answer. Once the answer is recorded, start running place again. Let children walk around the classroom answering questions on worksheets hanging on the wall.
8. Make sure the child is not hungry or thirsty. If a child is hungry or thirsty, he/she may fidget to keep alert.
9. Make sure the child can do the activity or lesson. Is it too hard or too easy? Either way, the child may squirm out of nervousness, anxiety, feeling overwhelmed or being bored.
10. Reduce distractions. If you have a child at risk for not being able to sit still do not seat him/her in a high traffic area. Attempt to have him/her seated in the front of the room near the instructor.