

FIDGETING IS OK

Just as our eyes and ears send information about what we see and hear to the brain, parts of our muscles, tendons, joints and ligaments sense the position of our body and send these messages to the brain as well. This call proprioception. We depend on this information to know exactly where our body parts are and to plan our movements. It is sometimes called 'the position sense'. For some of us we also need these messages from our bodies to help us remain 'Alert'. If we are losing concentration, we fidget to increase our alertness levels so we can concentrate.

FIDGETING IS OK

- Fidgeting means moving around when someone feel restless.
- Fidgeting may help people to stay alert and pay attention.
- For example, fidgeting can be rocking on the chair or wiggling fingers.
- Fidgeting can be stretching arms and legs.
- Fidgeting can be playing with an object such as white tack.

IT IS OK TO FIDGET

Adults Perspective:

- I can help a child when they are fidgeting by allowing them to fidget.
- I can help a child when they are fidgeting by providing them something to fidget with.
- It is ok for a child to fidget, if it is not interfering with their concentration,
- If a child is fidgeting and they have stopped paying attention during the lesson, I can help them by letting them have a movement break.
- Offer movement breaks/alerting activities to the child. **Also see information on alerting ideas.**

