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Try these exercises:

- Balance a beanbag on your foot. Can you lift your foot? Use your arms for balance
- Lie on the floor and place a beanbag on your knee
- Can you balance a beanbag on the sole of your foot while lying on your back?
- Can you walk slowly around the room with a beanbag upon your head?
- Can you bend to collect another beanbag without dropping the one on your head?
- Can you balance two beanbags on each shoulder and jump without them falling off?

Stop Fidgeting!

Evidence suggests the development and support of fundamental movement skills in childhood is a precursor in the promotion of lifelong physical activity.

Let's look at fidgeting, the definition being:

- Make small movements, especially of the hands or feet, through nervousness or impatience
- Be impatient or uneasy.

This generally isn't the case for children and can occur for a number of reasons.
More often than not it is a result of trying to focus and concentrate on a thinking task. The brains then kicks into action via the vestibular system and neurons are firing ready to engage the brain. Do you recall the fidget spinner phase? It was initially used as a stimulant for children with low attention disorders, ultimately it is a simple repetitive motion to stimulate concentration.

Being still can be incredibly tricky for young children (me included!) it is not something you learn or practice, it develops through vestibular maturity. How do we develop vestibular maturity? Through varied movements, which support and build on the vestibular sense.

Please do not view fidgeting as disobedience, as it may be indicative of a child demonstrating their inability to concentrate. Fidgeting is also representative of enthusiasm and excitement. Body language is a perfect evaluation tool for practitioners; this will assist in gauging a child's genuine interest and curiosity in situations. Young children's body awareness and language is innate, it cannot be falsified.

Children need rest, just like adults, although their bursts and stops of activity and inactivity occur more frequently than adults. Allow quiet times of reflection and stillness. Keep these moments limited at first, once the children are familiar with the patterns of relaxation gradually increase the periods.
We see children frantically chasing each other followed by brief times of rest, then bursts of energy once again. Children become lost in play and will notice a change as their muscles