

Snail the Whale

Here's Why

Fidgeting doesn't always mean a child isn't concentrating. In fact, quite often it means he's *trying* to concentrate. First, make sure a squirmy child doesn't need to go to the bathroom, and then try a little balancing activity.

Here's How

Tell the child the tale of poor old "Snail the Whale":

There once was snail named Whale
Who couldn't find the end of his tail.
Three spins to the left . . .
Three spins to the right . . .
Never failed to help Whale find his tail.

Where's Your Tail?

Now make a game of it! Get up and look for your own "tail." Then ask the child if he can find his. Spin slowly three times to the left, then slowly three times to the right. (*Slow* is the key here—about one revolution per eight seconds.)

Once he's found his tail, what's the best way to keep from losing it again? Sit down!

"Finding his tail" may help the child settle down and sit still . . . at least until that tail goes missing again!

