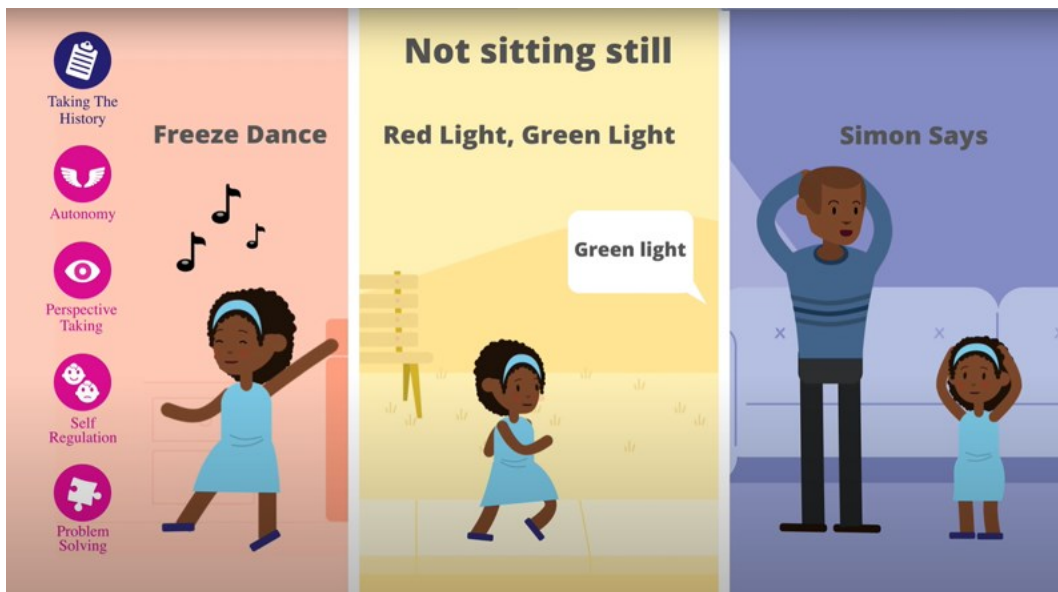


# Provider Tip of the Week

September 7, 2022

## School Concerns—Not Sitting Still

Research shows that practicing how to stop and start their bodies is an important strategy to help children strengthen self regulation. You can suggest parents build games like freeze dance, musical chairs, and red light/green light into their day to help practice these skills. This type of inhibitory control, an executive function skill, is closely tied to success in the classroom, as children regulate both their bodies and their attention.



Watch this video  
for an example