

The Fidgeting, Wiggling, Can't-Sit-Still Secret: How Movement Powers Your Child's Brain

What This Article Is About

Movement isn't a distraction — it's brain fuel. The cerebellum, vestibular system, and proprioception directly support executive function. When kids move, they wake up the systems that power memory, planning, and focus.

What You Might Notice

- Better homework focus after recess or play
- Clearer thinking while pacing or bouncing
- Clumsiness or disorganization without movement breaks
- Upside-down or spinning play before calming enough to work

Quick Strategies

- **If Focus is Low:** Use 1–2 minutes of jumping jacks, upbeat music, or movement menus before tasks.
- **If Kids Feel Scattered:** Add calming heavy work (carrying, wall pushes), deep pressure, or yoga stretches.
- **If They Resist Starting:** Gamify tasks with timed challenges, pair movement + task chunks, use movement as a “bridge.”
- **If Sustaining Focus:** Add cross-body moves, balance games, subtle fidgets, or flexible seating.

Parent Takeaway

“Can't sit still” isn't a flaw — it's a body asking for the fuel it needs. When you build movement into routines, focus and regulation come more naturally.