

30 + REASONS WHY A CHILD CAN'T SIT STILL

- 01 Not sitting with friends or supportive peers
- 02 Socially anxious in large groups
- 03 Sitting next to a child who has a previous negative experience with
- 04 Doesn't understand what other people saying (teacher or other children)
- 05 Auditory Processing Disorder
- 06 Tired
- 07 Hungry
- 08 Need Toilet
- 09 Thirsty
- 10 Too Hot /Cold
- 11 Need more BIG Movement Breaks
- 12 **Tactile Defensive** - clothing scratchy or too close to other children
- 13 **Other children's movements** - wiggling next to them, or walking behind them
- 14 **Auditory Overwhelm** - may not be able to hear teacher over other children's talking
- 15 **Visually Distracted** - Difficulty Focusing & Tracking in busy classroom
- 16 **Classroom Lights** - too bright or fluorescence lights that flicker
- 17 Slow Auditory Processing
- 18 Ear Infections
- 19 Smell of other children
- 20 Doesn't get enough exercise
- 21 Poor Postural Stability sitting on floor
- 22 Difficulty crossing legs prefer 'W' position
- 23 Muscle Tightness
- 24 Chair/Desk does not fit the child
- 25 Breathing to much or too little
- 26 **Rules & Expectations** - ie for Sitting
- 27 Sitting for too long
- 28 Need more breaks
- 29 Too much time on screens
- 30 Short Attention Span
- 31 **Distracted** - Difficulty with Impulse Control
- 32 **Can't remember what they are doing** - Difficulty with working memory
- 33 Disengaged / Bored
- 34 Can't wait for a turn
- 35 Can't wait with hand up
- 36 Not knowing "how long" Or Inconsistent Time sitting



Want to know what to do?

Listen to Podcast Episode 172

THE
SUE LARKEY
PODCAST

