

Has trouble sitting when required

By creating games and providing opportunities for play both indoors and outdoors, practitioners can support children to develop their core strength, stability, balance, spatial awareness, co-ordination, and agility. It is important to provide opportunities for children to develop sensory integration through their play indoors and outdoors.

Practitioners can support children by:

- Looking at setting routines; reflecting on waiting times.
- Ensuring children access a variety of activities at different levels. Consider whether activities need to be seated or can be offered without a chair.
- Supporting children to know what is expected of them at group times.
- Considering whether the length of time children are expected to sit is developmentally appropriate and reflects their age, stage of development, and individual needs.
- Providing activities which give children opportunities to develop core strength.
- Being aware of children who find it difficult to sit comfortably on chairs. They may need help to develop their core muscles. Remember, children need to have their 'feet flat' and 'bottoms back'.

Activities, ideas, resources and strategies:

- Ensure the environment is set out to offer a variety of ways to play with equipment. For example, sitting, standing, lying, crawling etc (not sat at a chair for every activity)
- Provide a variety of fine and gross motor activities to support physical development
- Give children a variety of opportunities to strengthen their core, e.g. carrying boxes/building with large equipment
- Provide group activities such as yoga, music and movement, action songs/games, active walking stories or wake and shake?
- Allow children to sit on chairs, cushions or mats, think about children's sensory needs for those who might need to lie down/hold an object to actively listen
- All practitioners to use a Total Communication approach, to allow children to know what will happen and when for example a 'now and next' board or using "first" and "then" statements to chunk instructions.