

What young children miss when they “sit still”

Sometimes “sitting still” is thought of as a way for children to learn.

For young children, however, learning and *doing* are inseparable.

Doing matters more than sitting still. That’s because:

When young children

- ...try things out again and again
- ...build and construct
- ...solve problems
- ...organize and see connections
- ...pretend
- ...investigate new ideas

they’re thinking and understanding.

When young children

- ...touch and hold
- ...smell and taste
- ...poke, squish, stretch
- ...hear and make sound
- ...play with other children
- ...ask questions and converse about what interests them

they’re gaining and consolidating knowledge.

When young children

- ...climb, slide and jump
- ...run
- ...balance
- ...throw and catch

...pour and scoop

...dance, skip, and move vigorously

they’re building skills and strengthening muscles.

When young children are forced to sit still for long periods, they’re losing time for:

...thinking and understanding,

...gaining and consolidating knowledge,

...building skills and strengthening muscles.

In short, they’re losing time for learning.

