

Adapted Whole Body Listening

Supporting different ways children listen and focus



Everyone listens in different ways.

Listening is not about sitting still or making eye contact
- It's about understanding and connecting.

What Listening Can Look Like



EYES

looking at speaker
or looking away to focus



EARS

Listening happens even without eye contact



BODY

Fidgeting, doodling, or holding tools can support attention



HANDS

Movement (rocking, standing, bouncing) helps regulate

Supporting Different Ways of Listening in the Classroom

Practical strategies teachers can use to help children stay engaged and regulated



Create and Offer Flexible Seating Options

Children focus best when their bodies feel comfortable



Mountain sitting



Rock sitting



Mermaid sitting



Pretzel sitting



Exercise band on chair



Offer Movement Opportunities

Movement supports regulation and focus

- Offer short brain breaks between activities
- Include stretch or wiggle songs before transitions
- Allow standing for children who concentrate better
- Have a movement corner where children can do simple movements when needed (e.g. jumping on the spot)
- Exercise band on chair allows gentle leg movement without leaving seat