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SPINNING

Spinning is a slow, continuous rotation of one's body in a circle while standing in place with arms extended out to each side.

How to spin:

- 1 Have the student(s) find a spot on which to stand that is free of obstacles within an arm's length (*including objects and classmates*).
- 2 Tell the students:
 - a. Extend your arms out to each side of your body at shoulder height.
 - b. Close your eyes.
 - c. Slowly rotate your body to the right, until you have circled around ten times without stopping.
 - d. Pause with eyes closed for a count of 15, putting your arms down if they are tired.
 - e. When you are ready, do a second set of ten rotations to the left.
- 3 Have the students stop and rest for five or more seconds.
- 4 Return to the lesson.



Note to the teacher:

Spinning is a basic vestibular exercise that promotes proper eye-muscle movement, balance and upright posture, auditory and visual attention, and movement of the head separate from the visual field. If the vestibular system is not functioning adequately, students can have trouble sitting upright, focusing, listening, copying from the board, or writing with ease. Spinning before a test can increase students' sustained attention.

Ideally, the student should slowly spin ten times in each direction. Occasionally, students will find it difficult to spin that much. If a student becomes dizzy or nauseated, stop or have the student open his or her eyes and spin more slowly, take more breaks, or decrease the number of total spins. If even minimal spinning is too much for your students, substitute Rocking (Smoothie #6).

Adding some flavor:

Spin to music that the students select. Have students pick a planet to identify with and then rotate on its axis.