

## Active play and its impact on classroom behaviour management

With increasing numbers of children being diagnosed with conditions such as ADD and ADHD, it is important to address these issues and provide environments that promote concentration. This will benefit all children in a setting as there is a general decline in children's concentration and attention skills, most commonly blamed on an increasingly over-stimulating environment.

Misunderstanding the needs of children who are labelled as disruptive can exacerbate the behaviour problems **and make a teacher's job all the more difficult.**

Schools and nurseries can promote positive learning environments by ensuring that children have access to active play and opportunities to 'let off steam'.

Behaviour management techniques involving children forfeiting playtime and staying in to 'work' are normally counter-productive.

Disruptive children are often frustrated by the adrenaline and testosterone rushing around their bodies and are not sufficiently mature to have developed strategies to manage this. By providing plenty of opportunities for free, active play, these children will rebalance their hormones and be better able to concentrate in the classroom setting.

## Adventure Play Equipment

Next time a child really disrupts the class, ask yourself whether he or she has had a chance to play off their physical energies or whether the best remedy for this behaviour is a 5 minute bout of active outside play.



*A Setter Play 'Shima' multi-play unit or a Lumberjack climbing unit will both provide a range of challenging physical activities to burn off lots of energy*

