

Listening to My Body

My body is like a busy, beautiful garden. Some days, it feels weekly and bouncy, like a jumping bunny in the grass. Other days, it feels slow and quiet, like a sleepy turtle. Sometimes it feels just right. All of these feelings are okay. We all feel them sometimes.

My body talks to me every single day, but it doesn't use words. It uses feelings! I am learning how to be a very good listener. When I listen closely, I can hear what my body is trying to tell me.

When my body is full of "wiggle-energy", it has a lot to say! During these times, it might be hard for me to focus on a book or sit still in my chair. My legs feel like they want to run a race, even when it's time to be still.

Other times, my body feels heavy and slow. It might feel a little bit tired or foggy. When this happens, my body might need a little bit of help to wake up so that I can enjoy my day with my friends.

In our classroom, we have special tools that help our bodies feel their best. One of these tools is the Classroom Cruiser. It is a bright, sturdy bike with a desk on top. The cruiser is not a toy; it is a helper that helps me get ready to learn.

Before I use the cruiser, I always stop and check in with my body. I take a deep breath and ask myself, "How does my body feel right now?" If I think peddling will help my wiggles go away or wake my tired muscles and brain up, I make a choice to use it.

I climb onto the seat and make sure I am balanced. I put my feet onto the pedals. Then, I begin to move my legs and smooth, steady circles. I pedal calmly and safely.

While I pedal, I noticed how I feel. I feel the muscles in my legs working hard. I noticed my breath going in and out of my nose. I noticed the "thump-thump" of my heart. I feel my body and my brain starting to work together.

When my body feels wiggly, it's telling me that I have extra energy to use. When I hop onto the Classroom Cruiser and begin to pedal, the jumping beans in my body start to settle down. I feel the energy moving from my tummy down to my toes. My teacher put a book on the desk while I peddled. Now that my legs are busy, my eyes can stay still on the pages and read a book about the stars and planets. My engine is finally feeling just right.

Other times, when my body is feeling slow and tired, I sit on the bike and start to pedal. At first, I move slowly, but then I go a little faster. The movement wakes up my muscles and brain. The sleepy clouds in my head start to blow away, and my eyes grow wide and bright.

Everyone's body is different, and that's a wonderful thing. What helps me might be different from what helps a friend, and that is okay! I'm proud of myself for listening to my body and making choices that help me be the best learner that I can be.