

Open Your Class With This Tomorrow- *ADHD 2.0: New Science and Essential Strategies for Thriving with Distraction—from Childhood through Adulthood*

The vestibular system located in the inner ear and the cerebellum work together to control balance and physical movements and is called the vestibulocerebellar system (VCS). The VCS is involved in walking, riding a bike, and playing the piano. In 1998, Dr. Schmahmann published a paper suggesting cerebellum dysfunction could result in loss of physical balance, but also emotional equilibrium. Hallowell and Ratey propose that stimulating and challenging the VCS, like lifting weights to increase muscle, might help reduce the negative symptoms of ADHD. Ultimately, doing balancing exercises may help with ADHD. Dr. Hallowell worked with a child in Shanghai, China with ADHD and offered several balancing exercises listed below.

Directions: Explore the suggested balance exercises. *Health experts suggest that you talk to your doctor before starting an exercise program.

Balance Exercises

1. Stand on one leg for one minute or until you fall over.
2. Stand on one leg with eyes closed for one minute or until you fall over.
3. Take off your socks and then put on your socks without sitting down.
4. Stand on wobble board for as long as you can, up to five minutes, then try it with eyes closed.
5. Sit on an exercise ball with feet off the floor for as long as you can, up to five minutes, then do it with eyes closed.
6. Put five playing cards on the floor. Standing on one leg, bend over and pick up one card at a time.
7. Do a low plank hold (elbows down on the ground, feet extended behind) for up to three minutes.
8. Learn to juggle balls, and then spend three to five minutes juggling.