

Spinning Around in Children's Brain Development

Did you know that spinning can be a fun activity for kids that can help boost their brain development? It's true! Not only is it enjoyable, but it can also improve their balance, spatial awareness, sensory integration, and stimulate their vestibular system. So why not encourage your little ones to give spinning a try? They're sure to have a blast!

Some potential benefits of spinning are:

1. **Vestibular Stimulation:** Spinning provides intense sensory vestibular input for the inner ear, which helps children with balance and spatial orientation. This kind of stimulation is really important for developing and strengthening their vestibular system, which is crucial for their overall sensory processing and motor development.
2. **Balance and Coordination:** Regular exposure to spinning activities can help children improve their coordination and balance skills, which are important for their development. By incorporating fun spinning activities into their routine, you can also help enhance your child's proprioception (awareness of body position) and kinesthetic sense (awareness of body movement)) which can help them with activities such as walking, running, and playing sports.
3. **Sensory Integration:** Engaging in spinning activities can help children develop their sensory processing abilities by activating multiple sensory systems such as the vestibular, proprioceptive, and visual systems simultaneously. This integration of sensory information can enhance their understanding and response to the environment around them, leading to overall improvement in their overall sensory processing skills.
4. **Brain Connectivity:** It's fascinating to learn that spinning can be highly beneficial for your child's brain development. According to research, this activity can play a crucial role in forming neural connections in the brain, particularly in areas associated with motor control, spatial cognition, and

sensory processing. These neural connections can, in turn, contribute to the cognitive development and learning abilities of children. By incorporating spinning into children's routines, you can help them develop essential skills that can positively impact their future. So, why not encourage your children in your programs to spin and take advantage of this simple yet powerful tool for cognitive development?

5. **Emotional Regulation:** spinning activities could help children manage their emotions and reduce stress and anxiety. Some studies have shown that the sensory input provided by spinning can have a calming effect on the nervous system, which can help kids feel more grounded and connected. Pretty cool, right?

It's important to remember that spinning can be a lot of fun and has many benefits, but we want to make sure we stay safe while we're at it. If you're a program leader, please make sure to keep an eye on children while they're spinning and ensure that the activity is appropriate for their age and development and role model for parents. Safety first.

Sources:

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5. Greenspan, S. I., & Wieder, S. (1999). A functional developmental approach to autism spectrum disorders. *Journal of the Association for Persons with Severe Handicaps*, 24(3), 147-161.

Here is a simple way to practice spinning with the little ones in your program that I learned from Chippewa Falls Public Library Kids

Washing Machine Song

<https://www.youtube.com/watch?v=V0FvppC2YI4>

We're washing in the washing in the washing machine
washing in the washing in the washing machine
washing in the washing in the washing machine
spin around and now we're clean

We're jumping in the jumping in the jumping machine
jumping in the jumping in the jumping machine
jumping in the jumping in the jumping machine
spin around and now we're clean

make sure you watch out for walls and furniture and people around you

We're twirling in the twirling in the twirling machine
twirling in the twirling in the twirling machine
twirling in the twirling in the twirling machine
spin around and now we're clean

you can add your own actions to this song

Another song that can be used for spinning:

Song: Ring Around the Rosie

Lyrics:

Ring around the Rosie,
A pocket full of posies,
Ashes, ashes,
We all fall down!

Action: During the "We all fall down" part, children traditionally spin around and then fall to the ground, either sitting or lying down.

This song has been popular for generations and is often accompanied by children joining hands and spinning in a circle before falling down together at the end. It's simple, catchy, and includes a fun action that kids love!