

What's Really Going On

The Cost of Holding It Together

From the first bell to the last, someone is watching. The teacher watching for hands up, feet still, eyes forward. The class watching for what's funny, what's weird, what gets you left out. Every move gets noticed by someone.

Sitting still and being liked don't look like work from the outside. From the inside, they're both jobs, and your child is doing several of them at once, every single day.

Here are five of the jobs happening underneath a normal school day, and why the wrapper, the shoelace, or the wrong cup, can undo all of them by 3.15pm.

1

The Watching Job

What it looks like:

Hands up at the right time, feet still, eyes front, every move visible to a teacher scanning the room.

Nobody grades this, but it's marked constantly, all day, by someone.

2

The Performing Job

What it looks like:

Laughing on cue, not being the one who's being too much or too quiet, staying easy to sit next to.

That's not making friends. That's managing them.

3

The Holding-Still Job

What it looks like:

A body that wants to move, fidget, run, wrestle, staying folded into a chair for six hours straight.

Stillness isn't neutral. It's held; the same way a muscle holds a stretch.

4

The Waiting Job

What it looks like:

A hand up and down again, an answer that has to wait its turn, a question that gets asked three times before it's heard.

Waiting well looks calm from the outside. It rarely feels calm from the inside.

5

The Fine Job

What it looks like:

A face that says everything's okay, even when the morning was hard, the friend was off, or the work didn't make sense.

Keeping the face steady is its own kind of work, and it doesn't just clock off at the bell.

You don't need to fix this before it happens.

You just need to know what you're looking at when it does.

From the team at Tricky Brains

Helping children build confident, calm and curious minds.