

# What exercises may help hyperactive kids to focus better and calm down with ease



Children with symptoms of ADHD/ADD: inattention, hyperaction and impulsivity are found hard to focus on one thing and calm down for long time. They usually have problems with learning and social communication. The symptoms of ADHD are said to be caused by the underdevelopment of the right brain (hemisphere) of the children. More structured exercises taken on the left side of the body dominated by the right brain would be helpful to the healthy development of the right brain in addition to nutritional supplementation and other natural alternative approaches. Here is a collection of simple exercises that may help remove or relieve the symptoms of ADHD. Parents can optionally select some of them that fit the need of their children. A plan of daily exercises should be made for the children based on their age and exercise level.

## What simple exercises can help:

- Bounce the tennis ball and catch it with left hand.
- Eat with left hand.
- Play badminton with left hand.
- Move the mouse of the computer with left hand.
- Play table tennis with left hand
- Bound the basketball with left hand.
- Jump with left leg.
- Practice deep breathing quietly 5 minutes every time, a few times a day after exercising.

## Warnings

- Left side exercise of the body require time and perseverance
- These exercises mentioned in this article cannot replace physicians care
- Be safe and step by step while taking exercises
- These exercises are only needed for right-handed children