

GUIDE TO CHANNELING HYPERACTIVITY

A practical guide for parents of active, curious minds
(Ages 3–8)



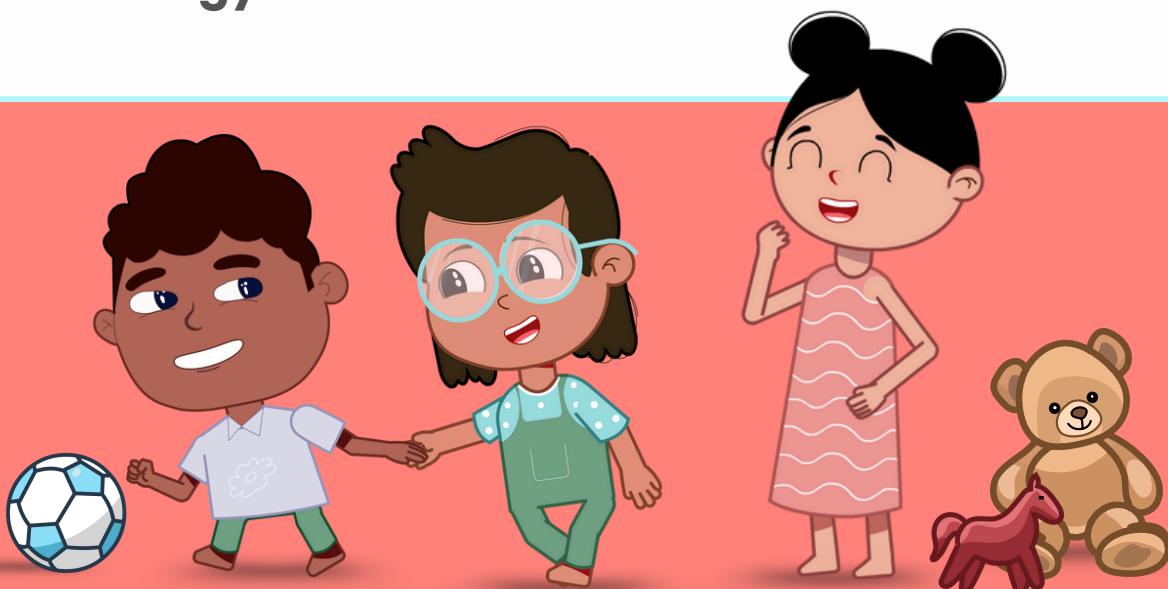
WHY KIDS SEEM “HYPER” (AND WHY THAT’S OKAY)

Some kids are simply full of ideas, movement, and emotion — their minds move as fast as their feet! This energy isn’t a “problem” to fix — it’s potential waiting to be channeled.

These kids often:

- **Get excited quickly and jump between ideas**
- **Find it hard to sit still during calm tasks**
- **Have big feelings and even bigger imaginations**
- **Can hyperfocus on something they truly enjoy**

The goal isn’t to make them sit still — it’s to help their energy find direction.



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PRACTICAL WAYS TO CHANNEL ENERGY



Make Movement a Routine, Not a Reward

Kids with high energy need physical outlets – not as an “if you finish your work” perk, but part of their day.

Try:

- **Dancing before dinner**
- **5-minute “shake breaks” between activities**
- **Outdoor sprints or cycling before homework**

Teach Calm Through Action, Not Words



Quiet time doesn’t always mean “sit still.”

Try calm movement activities:

- **Sorting blocks by color**
 - **Transferring rice or beads from one bowl to another**
 - **Drawing to soft music**
- This helps energy flow gently – not burst.**



Break Tasks Into “Wins”

Large tasks can overwhelm active minds.

Try dividing into small steps:

- **“First we draw, then color, then name our picture.”**
- Every tiny completion gives a sense of success – and resets focus.**

Channel Energy Into “Jobs”



Kids love responsibility.

Give them a small “helper role” – watering plants, arranging cushions, or handing out plates.

It teaches control + builds confidence.

Offer Choices, Not Commands



Giving control helps reduce resistance.
Instead of: “Sit down and write,”

Say: “Would you like to write sitting at the desk or on the floor?”
That small choice turns power struggle into collaboration.



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ENCOURAGEMENT, CONNECTION & REALISM



Watch for the Spark

Notice what actually holds your child's focus — building, talking, moving, creating. That's their natural channel. Lean into it instead of fighting it.



Celebrate Effort, Not Control

It's okay if your child can't always "sit quietly." Celebrate what they can do: "You helped for 3 minutes — amazing teamwork!" Progress, not perfection.



When Energy Feels Too Much

If hyperactivity feels constant, overwhelming, or impacts daily life, talk to your child's teacher or pediatrician for guidance. You're not alone — seeking support is strength, not shame.



PARENT REMINDER:

Your child's energy is not chaos — it's creativity, passion, and potential.
When guided with love, it can turn into focus, resilience, and joy.



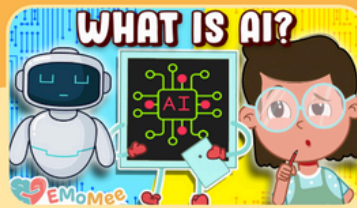
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About Emomee:

EMoMee on YouTube



Emomee blends cartoons to turn everyday moments into meaningful learning for young children. Through bite-sized animated episodes our characters- E, Mo & Mee - guide kids through big questions like “Who invented toothbrushes?” and “What if we never wash our hair?”, while also helping them build everyday habits like brushing teeth, sharing, and tidying up. With storytelling that’s both fun and emotionally rich, Emomee makes growing up feel like an adventure.



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