

What kind of Control?

By Daphne (retired teacher)

Watch babies and toddlers, how they learn to move easily, crouch, bend, find ways of balancing, fall softly, roll and get up. What happens later? Children learn from adults, how to be “good”.

Stand up straight = stiffen, tighten, hold your breath.

Pay attention = stiffen, tighten, hold your breath.

March = walk stiffly, head and shoulders thrown back unnaturally, like a soldier.

Why does it have to be like this? Can't we teach children to think in an Alexander way of standing easily lengthening the spine, with the head resting not “held”, with feet apart, weight evenly distributed, totally at ease. We all need to learn how to help children avoid the bad habits that we developed in our childhood. Self-control should not involve force, stiffening, tightening, clenching, holding the breath. This is not “good” behaviour, it is a recipe for self-abuse

How much better to follow Alexander, analyse the situation, consider the options, wait with body at ease, calm breathing and no rigidity. This is a far better recipe. We need Alexander teachers in our schools to help children avoid the traps we fell into.