Flexible Seating

{SIX BENEFITS}

of flexible seating in the classroom

1 Choice

Students learn best when they have some control over their environment. Flexible seating allows students to choose where they work and with whom. It also allows them to change their location and position as needed.

2 Movement

It is no secret that children need to move. When children cannot move, they become distracted or worse, disruptive. Flexible seating allows students to bounce, lean, twist, kick, fidget, wobble, roll, stand, kneel, and sit to suit their needs.

3 Community

Traditional desks can make students territorial or possessive over their space and supplies. Flexible seating encourages children to share space and supplies. It also encourages them to take turns in different locations and with different seating options.

4 Comfort

When students are uncomfortable, they are distracted and unproductive. Flexible seating allows students to find comfortable positions throughout the classroom. Comfortable students are calm, focused, and productive.

5 Collaboration

Students learn better when they have a chance to work together. Traditional desks in rows isolate students from each other. Flexible seating allows students to easily pair up, work in small groups, or discuss as a whole class.

6 Sensory Input

Many flexible seating options stimulate students' sense of touch. This type of stimulation can help children focus and process information. Sensory input is especially helpful for students with ADHD, ADD, and ASD.

Learn More:

1. http://standupkids.org/standing-vs-sitting/

2. https://www.edutopia.org/practice/flexible-classrooms-providing-learning-environment-kids-need

3. http://digitalcommons.hamline.edu/cgi/viewcontent.cgi?article=5174&context=hse_all

4. http://www.aijcrnet.com/journals/Vol_4_No_1_January_2014/3.pdf

5. http://soundideas.pugetsound.edu/cgi/viewcontent.cgi?article=1113&context=ms_occ_therapy

6. http://www.livestrong.com/article/403541-what-are-the-benefits-of-stability-balls-in-schools/

7. http://digital.library.upenn.edu/women/montessori/method/method.html#IV
See: "ENVIRONMENT: SCHOOLROOM FURNISHINGS" in section IV