

Alternative seating options for classrooms

Sitting still for long periods of time can be incredibly difficult and uncomfortable for any child. Some children will learn better when given the freedom to move around and regulate. Allowing a child flexible seating options also gives them control over their environment and their learning.

1

Wobble cushions and wedges

These cushions allow for movement whilst sitting. This helps a child to stay focused and alert but also allows them to regulate. The cushions could also be helpful for a child who struggles with their posture. The cushions can come with and without bumps which might help to 'wake up' a child's vestibular system.

2

Standing stations

Standing allows a person much more movement and also increases blood flow. This increase helps to circulate more oxygen to the brain which in turn helps with taking in information and attention.

3

Resistance bands

Giving a child the opportunity to move their feet and legs whilst sitting gives an outlet for excess energy which allows for better concentration and focus. Resistance bands are perfect for children who seek pressure pressure and heavy work.

4

Rocking chairs

Rocking is a great way for a person to stimulate their vestibular system. The rocking motion also has calming benefits and helps a person develop a sense of balance.

5

Bean bags

Due to a beanbag's shape and density it can be adjusted for maximum comfort and benefit. Also the pressure on the body provides a calming sense of security.

6

Balance boards

These boards can be used under a child's desk for their feet. They are good for supporting a child's proprioception system and awareness of themselves in space. Balance boards can also improve coordination.