

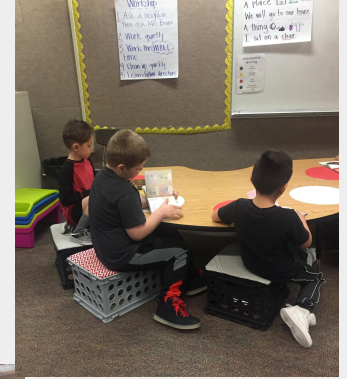
# Flexible Seating

in 1st grade

# What is flexible seating?

In a traditional classroom, desks or tables are surfaces used for writing and chairs are used for sitting. In a classroom that uses flexible seating, students may be found sitting on the floor, sitting on pillows, sitting on cushioned crates, sitting on yoga balls or other equipment. Students may still use traditional tables or desk, or they may use other tools such as lap desks and clipboards. Flexible seating is designed to lessen stationary time and increase student engagement and movement.

# What it looks like in my classroom



# Why did I decide to use a flexible seating plan?

- Engagement
- Motivation
- Movement

# Is there research behind this thinking?

- Physical health
- Collaboration
- Communication
- Sensory input
- FUN!

<https://smithsystem.com/smithfiles/2017/11/29/top-10-benefits-flexible-seating-classroom/>

<https://www.edutopia.org/blog/flexible-seating-student-centered-classroom-kayla-delzer>

# GOAL: Get more flexible

- Different seating
- Different tables
- More student centered



Thank you!