

# DYNAMIC SEATING

## A SENSORY MOTOR LENS TO ADDRESS SELF-REGULATION NEEDS IN THE CLASSROOM

*Following are three different student scenarios and associated seating possibilities that could help their learning process and outcomes.*

1. Students who seek movement, have a difficult time sitting still or remaining in their chair, or look too tired and are seeking input!

○ Movin'sit (wiggle) wedge for chairs and disc cushions for carpet time



- Ordering details:
  - Ensure size fits chair seat prior to ordering; only half inflate cushion for optimum effect
  - \$30-60, <https://www.fdm.ca/en/movin-sit-cushion-i-0101-01> or [https://store.schoolspecialty.com/OA\\_HTML/ibeCCtpltmDspRte.jsp?minisite=10224&item=82870](https://store.schoolspecialty.com/OA_HTML/ibeCCtpltmDspRte.jsp?minisite=10224&item=82870)

○ Zuma floor rocking chairs (carpet)



- Looks like a classroom chair without legs so it can sit directly on the floor; allows for rocking back and forth while seated
- Ordering details:
  - \$93; <https://www.jmcdesigninteriors.com/shop/zuma-floor-rocker?search=zuma>
  - \$139; [https://www.jmcdesigninteriors.com/shop/index.php?route=product/product&product\\_id=144](https://www.jmcdesigninteriors.com/shop/index.php?route=product/product&product_id=144)

○ Zuma or Analogy rocking chairs



- Looks like a typical classroom chair, but rocks in a linear motion. Great as they offer back support so can be used throughout the day.
- Have student sit in a classroom chair, feet flat on the floor, knees at about 90 degrees. Measure from seat of chair to the floor to obtain size required. Consider sizing up if growth is required.
- Ordering details:
  - Zuma chairs: \$130; measures true to size <https://www.jmcdesigninteriors.com/shop/zuma-rocking-chair-8?search=zuma>
  - Analogy chairs: \$100; add 2" to required seat height <https://www.jmcdesigninteriors.com/shop/seating/analogy-rocking-chair>

○ **Exercise balls**

- Ensure adequate trunk control and proper size. These balls are great when used for shorter durations (eg. 15-20 minutes then change position, switch to a Zuma chair or regular classroom chair).
- Ordering details:



- When seated on the ball, student's feet should rest flat on the floor.
- \$30-\$60, <https://www.fdmtd.ca/en/thera-band-exercise-ball-i-0193-45>

○ **Hokki stools or Kore wobble stools**

- Ensure adequate trunk control – these stools are great when used for shorter durations (eg. 15-20 minutes then change position, switch to a Zuma chair or regular classroom chair with Movin' Sit cushion on it).
- Ordering details:



- To obtain required size, follow instructions listed below 'Zuma rocking chair' above
- Kore wobble stools, \$75: <https://www.fdmtd.ca/en/flexible-seating/kore-stool-i-2715110>
- Hokki stools \$105-\$135: [http://www.benchmarkque.ca/store/p1/Hokki\\_Stool.html](http://www.benchmarkque.ca/store/p1/Hokki_Stool.html)

○ **Scoop Rocker Chairs**

- Suitable for young and small children
- This chair provides a designated spot while providing deep pressure input to the nervous system. The child can also rock in this chair. Teach him/her to do this moderately so they don't fall back.
- It can work for a child for longer than 15 minutes as it provides support.
- Ordering details:



- \$50 for set of 6 chairs
- <https://www.walmart.ca/en/ip/American-Plastic-Toys-APT-13150-6PK-Scoop-Rocker-Chair-Red-and-Blue-6-Pack/PRD19SUB0Y5XDSW>

2. Students who seek additional input/lack body awareness; these students may be ones who prefer to sit in adult's lap at carpet or sit too close to peers. These students may appear as constantly fidgeting or pushing/shoving others, leaning on walls, running to hide in small, compact spaces.

○ **Howdahug or stadium chairs for carpet**

- This chair provides a designated spot while provided deep pressure input to the nervous system. The child can also rock in this chair. Teach him/her to do this moderately so they don't fall back.
- It can work for a child for longer than 15 minutes as it provides support.



- Ordering details:

○ \$100; <https://www.fdmr.ca/en/howdahug-child-i-252200>

○ **Yoga Mat with Clip Board**

- This will provide a designated spot while providing support and deep pressure input to nervous system.
- It can work for a child for longer than 15 minutes as it provides support.
- Ordering Details:



○ \$15 <https://www.walmart.ca/en/ip/Dr-Health-TM-Premium-Mat-Best-Wet-Grip-Eco-Friendly-Non-Slip-and-Durable-TPE-6mm-or-1-4-thick-Yoga-Mat-Blue/PRD4PA2JFRURMWY>

○ **Zoola Pod X Bean Bag Chair**

- Long, durable, washable cover, beads mold to body seating on the chair, kids cannot pick beads out
- This chair provides a designated spot while provided deep pressure input to the nervous system. Kids feel like they are being hugged by an adult.
- It can work for a child for longer than 15 minutes as it provides support.
- Ordering details:

○ \$200 <https://www.yogibo.com/bean-bags//zoola-pod-x>



○ Cocoon Chair



- This chair provides a designated spot while providing deep pressure input to the nervous system.
- It can work for a child for longer than 20 minutes as it provides support.
- Ordering details:

<https://www.jmcdesigninteriors.com/shop/cocoon-chair>

○ Rubber Maid tub filled with cushions



- This chair provides a designated spot while providing deep pressure input to the nervous system.
- It can work for a child for longer than 15 minutes as it provides support.
- Available at different stores in different sized Rubber Maid containers
- Ordering details:
  - ~\$40-60 at Canadian Tire, Walmart, Home Depot, Super Store

○ Bouncy Bands for Desks

- These bands provide resistance and tension for children to consistently get deep pressure into their legs and core.
- May only be appropriate for a short period of time to not over exert energy levels in child
- Ordering Details



- \$35 [https://www.amazon.ca/Bouncy-Bands-for-Desks-Blue/dp/B01DKU4020/ref=sr\\_1\\_5?gclid=CjwKCAiAxMLvBRBNEiwAKhr-nOslmaj3iqZgwp7f98MzIM40\\_nok-rsqibirNxjs\\_PSG6ggbwa2xGB0CRE4QAvD\\_BwE&hvadid=208343092277&hvdev=c&hvlocphy=9001485&hvnetw=g&hvpos=1t1&hvqmt=e&hvrnd=4539123496212685194&hvtargid=kwd-307209544693&hydacr=23344\\_9563107&keywords=bouncy+band&qid=1576097772&sr=8-5](https://www.amazon.ca/Bouncy-Bands-for-Desks-Blue/dp/B01DKU4020/ref=sr_1_5?gclid=CjwKCAiAxMLvBRBNEiwAKhr-nOslmaj3iqZgwp7f98MzIM40_nok-rsqibirNxjs_PSG6ggbwa2xGB0CRE4QAvD_BwE&hvadid=208343092277&hvdev=c&hvlocphy=9001485&hvnetw=g&hvpos=1t1&hvqmt=e&hvrnd=4539123496212685194&hvtargid=kwd-307209544693&hydacr=23344_9563107&keywords=bouncy+band&qid=1576097772&sr=8-5)

○ Bouncy Bands for Chairs

- These bands provide resistance and tension for children to consistently get deep pressure into their legs and core.
- May only be appropriate for a short period of time to not over exert energy levels in child
- Ordering Details



- \$35 [https://www.amazon.ca/Bouncy-Bands-Elementary-School-Chair/dp/B01DFW6GU2/ref=sr\\_1\\_8?keywords=bouncy+band+for+chairs&qid=1576098379&sr=8-8](https://www.amazon.ca/Bouncy-Bands-Elementary-School-Chair/dp/B01DFW6GU2/ref=sr_1_8?keywords=bouncy+band+for+chairs&qid=1576098379&sr=8-8)

○ Surf Desks

- Student can choose several positions to utilize desk, the student can be on their knees, cross legged, on one side of your gluts and thighs.
- Use only for small amounts of time 15-20 minutes at a time specially when chore stability and strength is an issue for students
- Ordering details:



- \$60 <https://www.amazon.ca/ECR4Kids-Portable-Laptop-Stand-Writing/dp/B073XFB41D>

3. Students who often have difficulty sitting up; may lay on the floor during carpet lessons.

○ Back Jack or Stadium or Ray Lax chairs for carpet

- These students may lack adequate trunk support to remain in an unsupported seated position. These chairs sit on the floor and provide back support to assist with this.
- It can work for a child for longer than 15 minutes as it provides support.
- Ordering details:



- \$40, <https://www.fdmtd.ca/en/flexible-seating/ray-lax-chair-i-3181100>

○ Standing Desks can be an option for all three different children described in this handout

● Ordering details:

- Standing desks are widely available; School Specialties is one website that has several different price point options, from \$160 and up. Ikea also offers a few variations from \$69 (fits laptop only), \$299 for sit-to-stand desk, and up.



- Be sure to consider the size of the desktop needed as well as the maximum height when purchasing.
- You can also use creative options, like raising a typical desk (particularly for early elementary students) until it is at a suitable height, utilize drafting tables that are no longer in use, tables, cupboards for storage at the back of the class that are suitable height for writing or place sturdy boxes, Rubbermaid containers on top of a desk to raise the height of the work surface.

## Introducing Dynamic Seating Tools

### 1. Consider Ergonomics

Ergonomics is the process of designing or arranging work stations so that they fit people who use them. This involves adjusting chairs, desks, work tables to suit kids in their physical needs during growth. For all Seating and standing always consider body posture.



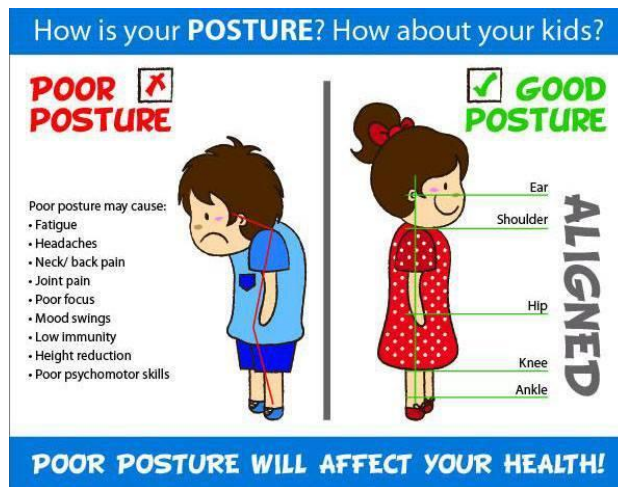
Reading

Writing

Drawing

<http://klaverweiden.com/study-table-with-chair/bd602/md/kids-children-study-desktable-ergonomic-chairs.aspx>

- Feet flat on the floor, 90° for knees, hips and 90°-100° for hands on table to write or type.



<https://kidsstudydesk.com.au/pages/ergonomics>

## 2. Band Aid Story

TEACHING FAIRNESS IN THE CLASSROOM

TEACHING  
FAIRNESS

An Easy Lesson on Teaching Fairness

This lesson is one approach to teach the lesson that we all have different needs and use different tools to help us. An alternative to the activity mentioned in both lessons is you can also make it very simple and have students pick an injury and you place the band aid on the same spot for all students no matter what

the injury--hence it is the same but does not meet their needs.

<http://caffeinatedandcreative.com/teaching-fairness-in-the-classroom/>.

## 2. Expectations/Intentions for the use of Dynamic Seating Tools in the Classroom

- **Goal for Use of Seating Tools:** To help kids experience a self-regulated state while learning
- Seating tools are only used for 10-15 minutes *at the beginning* until effective tools have been found for kids and then kids ask for tools themselves → then the goal becomes choice and autonomy in self-regulation
- At the beginning of introducing these tools, the Teacher heavily encourages arousal check in and self-reflection, how did this tool make you feel? What is helpful to focus and learn?
- Teacher is aware of what sensory needs she/he is addressing by suggesting a seating tool
- At the beginning (4-6 weeks) Teacher heavily chooses for kids appropriate seating tools
- When this seating tool becomes a toy, teacher can take away this seating tool.
- The tool must be tried for at least 4-6 times in order to deem it effective or ineffective given the variability in mood, energy levels, sleep, schedules, etc.

## 3. Learning Targets for Kids

- I can use this seating tool to help my learning
- I can choose different seats for different learning
- I can reflect on my energy level while using a seating tool
- INCLUDE PHOTOS OF KIDDOS DEMONSTRATING LEARNING TA



