



Active Seating

Tips for Successfully Introducing & Managing Use in Your Classroom

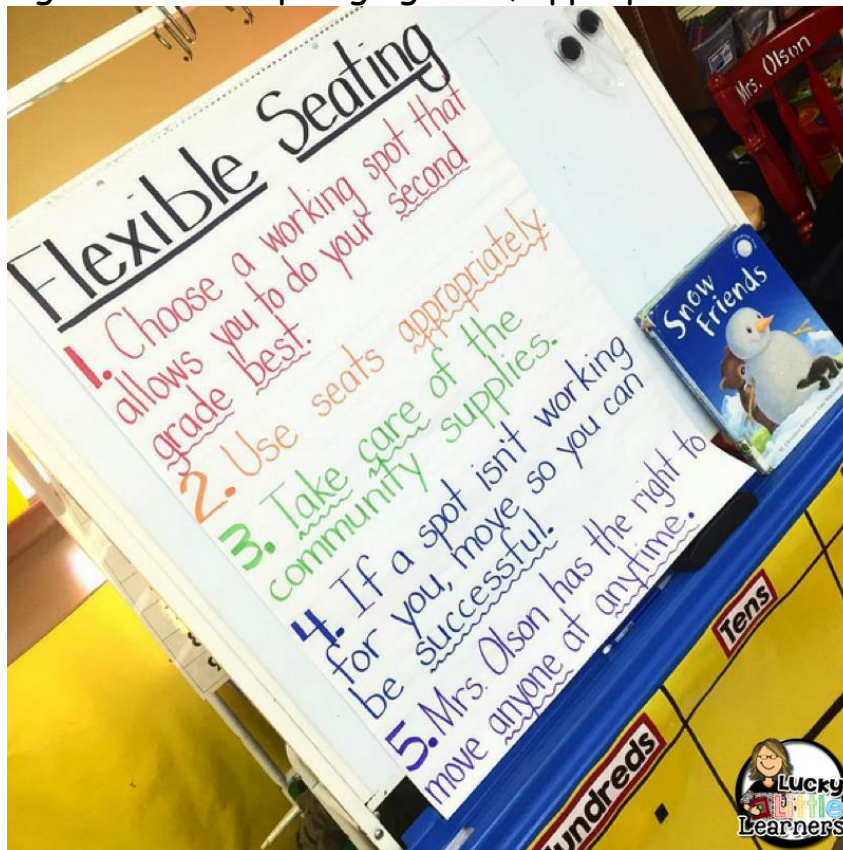
To help you and your students prepare for a smooth transition to kinesthetic learning, we asked fellow ACPS teachers who are already using kinesthetic equipment to share their best practices. One thing is for sure, setting expectations and continually reinforcing those expectations is key. The following tips will also help you transform your classroom into a kinesthetic environment that works for everyone.

- Consider your classroom space. Do I need to put anything in storage? Where do I want my equipment? How and where do I want my students to use it? (e.g., at desk, at small group table, on floor, etc.)
- Introduce equipment slowly, one piece per day. Take the time to roll out kinesthetic equipment incrementally - setting expectations for safety, expectations, and benefits for each item.



- Demonstrate how to properly use - and how NOT to use - the equipment for safety, (e.g., "buns on the ball, feet on the floor").
- Choose students to model appropriate behavior for their classmates - perhaps a student who has had challenges with traditional seating - and let them be a star!
- Explain the benefits of movement on the brain (e.g., focus, attention, memory, etc.).

- If you plan to allow for choice in seating, consider assigning seating the first few weeks to allow for all students to try each piece of equipment. Giving students choice in their seating empowers them to become aware of their learning style and take more ownership of their learning!
- Retain a few traditional desks for students who need more structure.
- Consider having students make the rules for your classroom or sign a contract pledging safe, appropriate use of equipment.



- Remember, letting students choose an option that works best for them does NOT mean you're giving up control of your classroom! One of the important rules of active seating is "Teacher's Choice" which means that the teacher can move anyone at any time.