

## Alternative positions for learning

Consider doing work in different ways – children don't need to be sitting down to learn.

Using a variety of positions throughout the day can provide children with increased opportunities for body awareness, development of core and shoulder strength and support children to achieve focus for learning.

For example, try high kneeling at the desk (use a kneeling pad or thin cushion), lying on a gym or yoga mat on their tummy propped through their forearms (good for reading), standing at a high bench or working at an easel or white board, or sitting on a peanut or therapy ball for listening tasks.

When sitting at a table, consider the child's positioning for hand written work - good sitting position with feet flat on the floor or stable surface such as a foot stool, bottom back in seat, and table at an appropriate height.

### Ideas:

1. Lying on a floor mat (yoga mat or gym mat) whilst propping through elbows



2. In high kneeling for table top activities (use a firm cushion or kneeling pad under their knees)



3. Standing at a high table



**4. Standing to work at an easel or wall mounted white board**



**5. Seated in a large bean bag**



**6. Seated on a gym ball or peanut ball for listening tasks**



**7. Floor sitter or with back against wall for carpet time**



**8. Move and sit cushion on chair to provide additional movement and encourage upright posture**



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