

SEATING TIPS FOR DISTANCE LEARNING



CREATED BY:

AL-INCLUSIVE THERAPY SERVICES



WHEN KIDS ARE SUPPORTED CORRECTLY, THEIR BODY AND BRAINS CAN CONCENTRATE ON LEARNING. WHEN THEY ARE NOT SUPPORTED CORRECTLY, THEY HAVE A HARD TIME KNOWING WHERE THEIR BODY IS IN SPACE (PROPRIOCEPTION) AND THEY SPEND A LOT OF THEIR ENERGY AND FOCUS MOVING AND WIGGLING TO FEEL SUPPORTED. THAT MAKES LEARNING HARD.

OUR GOALS WITH SEATING:

- ✓ **90/90/90– HIPS, KNEES, ANKLES ALL FORM A 90 DEGREE ANGLE**
- ✓ **NECK NEUTRAL**
- ✓ **FEET SUPPORTED**
- ✓ **BACK/HIPS SUPPORTED**

TRY SOME OF THESE SEATING TIPS TO PROVIDE PROPER SEATING POSTURE AND HELP YOUR CHILD FEEL SAFE, SUPPORTED, AND READY TO LEARN!

I LIKE TO ALSO MENTION THAT BAD POSTURE IN THE YOUNGER YEARS CAN LEAD TO PERMANENT CHANGES IN SPINAL ALIGNMENT, SO IT'S IMPORTANT TO START YOUNG.



**COMPUTER NOT
AT EYE LEVEL
MEANS CHILD'S
NECK IS FLEXED
THE ENTIRE TIME**

**ELEVATE
COMPUTER SO
NECK IS IN
NEUTRAL POSITION
(WE DON'T WANT CHILD FLEXING OR
EXTENDING NECK)**





**CHAIR TOO BIG
DOES NOT
ALLOW FOR
PROPER
SEATING
POSTURE**

**-PILLOW BEHIND
BACK**

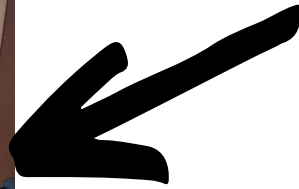
**-STOOL FOR FOOT
SUPPORT**

**-ALLOWS FOR
90/90/90 POSITION**





**NOT GOOD
NO SUPPORT
CHAIR TOO BIG**



GETTING THERE



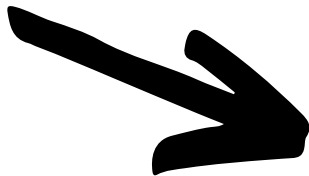
**WE MADE IT...
FEET SUPPORTED,
2 PILLOWS FOR ENOUGH
BACK SUPPORT
HEAD IN NEUTRAL**



ALTERNATIVE SEATING OPTIONS

PRONE (TUMMY)

**THIS
IS A FAVORITE...
ALLOWS CHILD TO GET OUT OF THAT FLEXION
PATTERN THAT THE CHAIR CREATES**

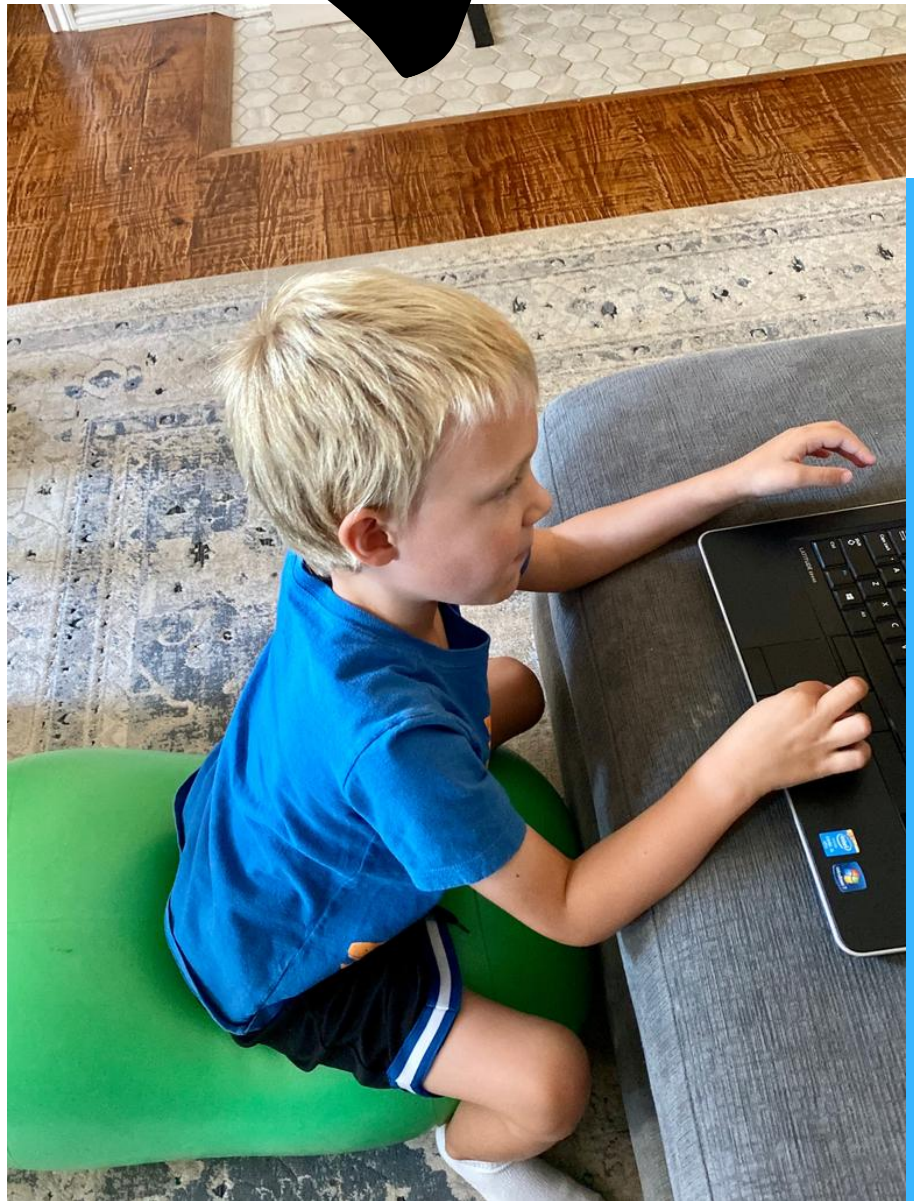


**GREAT FOR
PROVIDING
PROPRIOCEPTIVE
INPUT AND UPPER
BODY
STRENGTHENING**



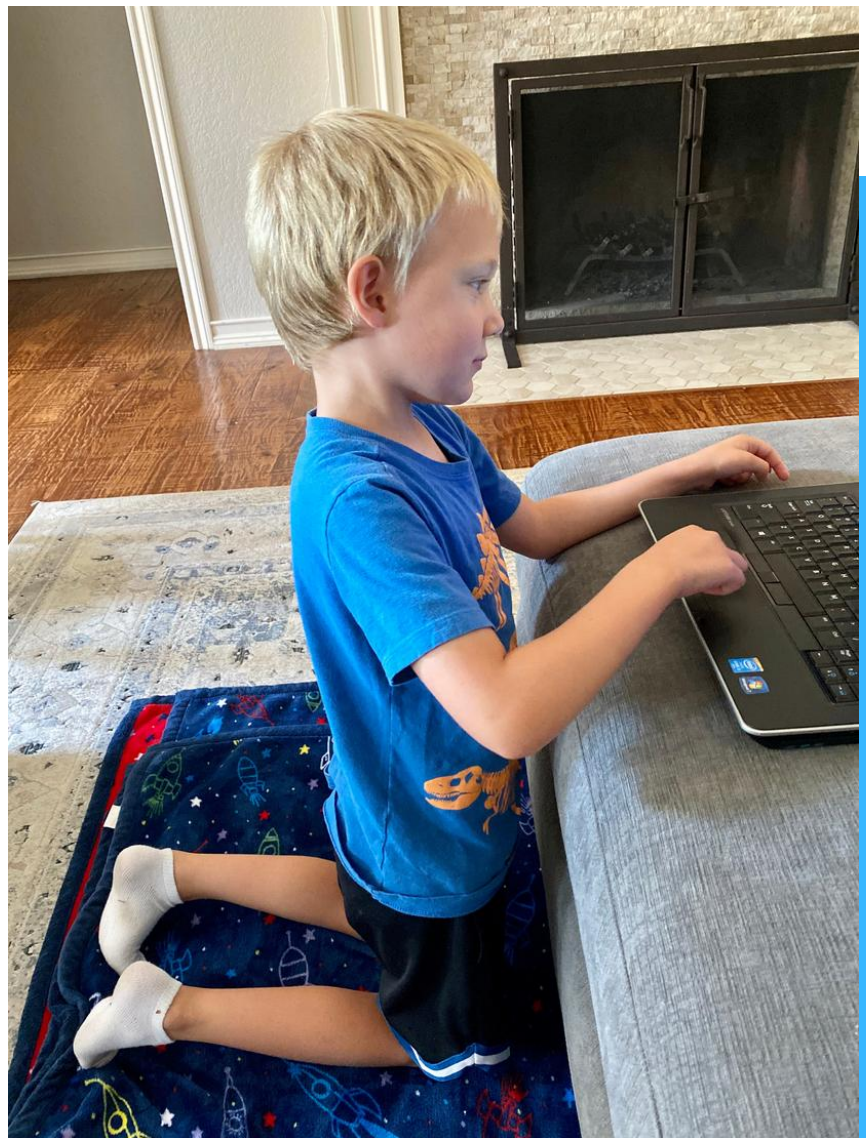
USE A PEANUT OR THERAPY BALL

**GREAT FOR
KIDDOS WHO
LIKE TO MOVE
OR WHEN KIDS
START TO GET
RESTLESS
AND TIRED OF
SITTING STILL**



TALL-KNEEL OR HALF-KNEEL

**GREAT WAY
TO ENGAGE
THAT CORE!**



WORK ON A VERTICAL SURFACE

WHEN COMPLETING WRITING TASKS, TRY THEM ON A VERTICAL SURFACE



-PUTS NECK IN NEUTRAL
-BUILDS STRENGTH IN ARM/SHOULDER
-ENCOURAGES PROPER GRASP ON WRITING UTENSIL

EASY BRAIN BREAKS DURING DISTANCE LEARNING



**BRAIN BREAKS ARE QUICK MENTAL BREAKS THAT
USUALLY INCORPORATE MOVEMENT, MINDFULNESS, OR
SENSORY ACTIVITIES TO ALLOW CHILD A CHANCE TO
PROCESS WHAT THEY ARE LEARNING, RE-CHARGE,
AND RE-ORGANIZE SO THEY ARE BETTER PREPARED
FOR MORE LEARNING**

BREATHING EXERCISES

**THERE ARE MANY OPTIONS
INCLUDING 5-FINGER BREATHING,
SHAPE BREATHING, ANIMAL
BREATHING**

BUBBLE MOUNTAIN



-SET-UP IS QUICK

-CAN BE A 2-5

MIN BRAIN BREAK

**DISH SOAP, WATER,
STRAW**



KEEP SUPPLIES ACROSS ROOM

**MOVEMENT IS SO IMPORTANT
EVEN LITTLE THINGS LIKE THIS
MAKE A HUGE DIFFERENCE**



**JUST LIKE AT SCHOOL
KIDS GET UP TO GET
SUPPLIES AND TURN
THINGS IN**

WEAR THE BACKPACK

**TAKE THE LOADED
BACKPACK ON A FEW
LAPS AROUND THE
HOUSE**

**HEAVY
WORK
ALERT**



**GREAT TO TRANSITION
BETWEEN SUBJECTS JUST
LIKE AT SCHOOL**



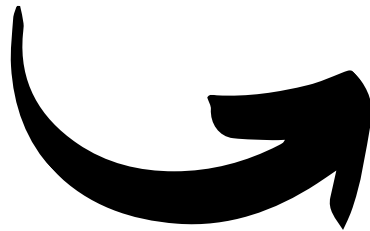
WHEEL-BARROW WALKS/ANIMAL WALKS



**GO GRAB A COLD DRINK OF WATER
AND DO THESE ON THE WAY
COLD WATER IS HYDRATING AND ALERTING**

THE GUPPY

**LOOK AT HOW THAT
OPENS UP THE CHEST
AND GETS BODY OUT
OF FLEXION**



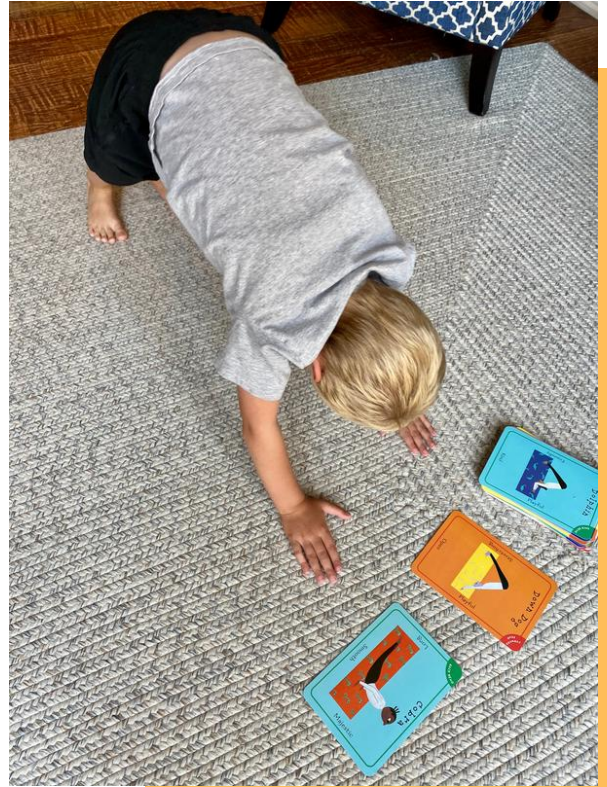
**←
HEAD INVERSION
IS SO ALTERING**

YOGA

MORE HEAD

INVERSION FOR THE

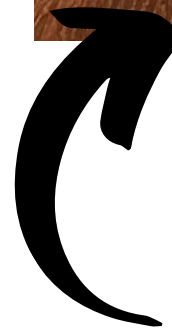
WIN



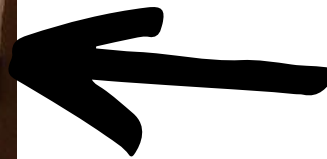
**THESE ARE YOGA
PRETZELS CARDS
BUT THERE ARE MANY
OPTIONS FOR GUIDED YOGA
OR FIND A FEW POSES
ONLINE**

CROSS-BODY EXERCISES

**CROSS-BODY
EXERCISES GET BOTH
SIDES OF BRAIN
WORKING TOGETHER**



CROSS-CRAWL

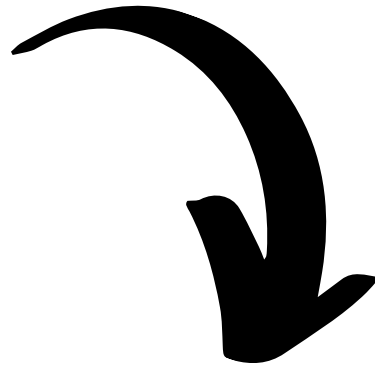


WINDMILL



DANCE PARTY

**A MINI DANCE PARTY IS A
GREAT MULTI-SENSORY
EXPERIENCE**



**PUT ON YOUR
CHILD'S FAVORITE
TUNE AND LET
THEM MOVE AND
GROOVE**



GET A CRUNCHY SNACK

**SKIP, HOP, BEAR CRAWL, LOG
ROLL TO GO GET A CRUNCHY
SNACK**

**PROVIDES GREAT
PROPRIOCEPTIVE
INPUT... CAN BE
ORGANIZING AND
ALERTING**



HELP WITH PRACTICAL LIFE ACTIVITIES



**HAVE CHILD
COMPLETE A SIMPLE
"CHORE"**

**IT JUST TAKES A FEW MINS AND
MOST PROVIDE CHILD WITH GOOD
HEAVY WORK**



**HEAVY WORK ACTIVATES
OUR PROPRIOCEPTIVE
SYSTEM AND HELPS OUR
BRAIN AND BODY CALM,
ORGANIZE, AND FOCUS**



REMEMBER:

-PROPER SEATING

-ALTERNATIVE OPTIONS

FOR SEATING

-BRAIN BREAKS

-PLENTY OF MOVEMENT

OPPORTUNITIES

LEADS TO A SUCCESSFUL

DAY OF DISTANCE

LEARNING