

## CLASSROOM POSTURE

### Occupational Therapy

#### Place the Student's Desk in an Optimal Position

The location of the student's desk in the classroom is important. Students with writing or visual difficulty need to face the board, have minimal distractions in front of or beside them, and be away from classroom traffic routes. Students may additionally require seating in a low traffic area, with predictable visual input and far from the exit if at risk of leaving unsupervised.

#### Seating for Proper Posture

- Desk large enough for both arms to rest on it.
- Arms should rest without hiking of the shoulders.
- Feet should be flat on the floor or supporting surface.
- Chair should support the lower back; table should be 2 – 3" above bent elbow.
- Ensure the student pulls their chair all the way up their desk.
- Ensure the student is seated in the middle of the chair, with their back against the backrest.

#### Strategies for Proper Posture

##### Use non-skid material in students' chairs.

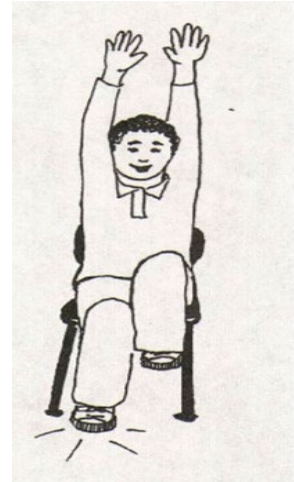
Some students slip out of plastic, moulded chairs. Place a piece of non-skid material, such as Dycem™ or rubberized shelf liner, in the seat to help the student sit upright.

##### Give students a foot stool for more stability.

- A foot stool gives students proper position and more steadiness in their chairs for performing school tasks. Place a stool, Ethafoam (solid foam), inverted bin or wooden foot stool under their desk for their feet to rest on. When choosing a foot stool height, ensure that the knees remain bent at 90 degrees and allow enough space for leg clearance under the desk.

Sit Up and Stomp (Learning Without Tears).

- In order to make sure that the child is well seated remind him/her to pull his/her chair into the table and be ready to print by shaking out hands and stomping feet to make sure that they are seated in the middle of the chair before beginning to work.
- The arm movements will make the trunk straight and the chaos will let the child release some energy to better concentrate on the task.



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