

# Kinesthetic Seating

## What is Kinesthetic Seating?

Kinesthetic seating refers to furniture designed to allow for movement and fidgeting while learning

### Kinesthetic Is A Good Fit If:

- The student has trouble sitting still and focusing in a traditional chair.**
  - These seats can help channel movement in a non-disruptive way.
- You're supporting students with ADHD, sensory processing needs, or anxiety.**
  - Movement can be calming and help with self-regulation.
- There's a clear plan for how and when the chair will be used.**
  - Expectations are set so it's used as a learning tool, not a toy.
- It's part of a flexible seating model or IEP/504 plan.**
  - Kinesthetic seating works well in environments that support student choice or accommodations.
- There's teacher or support staff oversight.**
  - Adults are available to monitor use and provide reminders if needed.

### Kinesthetic May Not A Good Fit If:

- The movement becomes distracting to the student or peers.**
  - If it's causing more disruption than benefit, it may not be the right tool.
- The student is using it in unsafe ways (e.g., rocking excessively, tipping over).**
  - Safety always comes first—if it's not being used properly, it may need to be removed.
- The student doesn't want or need it.**
  - It should be optional—forcing it can cause frustration or resistance.
- There's no training or guidance for staff on how to integrate it effectively.**
  - Teachers need support too; without guidance, these tools may not be used consistently or correctly.
- It's viewed as a reward or punishment.**
  - Kinesthetic seating should be a support, not part of a behavior management system.

### Examples of Kinesthetic Seating



### Non-Kinesthetic Seating

