

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

