

Sensory/Regulation: Alternative seating



What is it?

Alternative seating includes flexible options like stability balls, standing desks, and wobble stools to accommodate diverse student needs and learning styles. These arrangements enhance comfort, focus, and engagement by allowing students to choose seating that supports their individual preferences, promoting a positive and productive classroom environment.

Why use it?

Offering alternative seating in an inclusive classroom addresses diverse physical and sensory needs, enhancing focus, engagement, and well-being. Flexible options, like those for students with ADHD or sensory processing disorders, provide needed movement and input, improving attention. By promoting autonomy and respecting preferences, alternative seating fosters a supportive environment where all students can thrive.

How to use it?

To implement alternative seating, assess the space and incorporate options like stability balls, wobble stools, and standing desks. Arrange seating for easy transitions and encourage students to try different choices for comfort and focus. Set clear guidelines to ensure a productive, orderly environment.

Inclusive classroom example

As students entered the room, they eagerly chose from a variety of seats: wobble stools for those who needed movement, bean bags for reading corners, and standing desks for those who preferred to stand. Jamie, who has ADHD, found that the stability ball helped him focus during math lessons, while Emma, with sensory processing issues, felt at ease on the cushioned mat. The flexibility in seating allowed every student to find their optimal learning space, fostering a sense of autonomy and inclusivity that enhanced both engagement and academic performance.

