


WELCOME TO OUR STUDENT-CENTERED FLEXIBLE SEATING CLASSROOM

The furniture has been chosen to fit our students' size and for comfort, and they are allowed to choose the seat that helps them do their best work. Along with empowering our students, flexible seating has been shown to have many benefits, including the following:

- Research shows that students who are given opportunities to move have better academic performance and health, as well as improved behavior.
- Integrating opportunities for physical movement throughout the day increases oxygen flow to the brain — in other words, it helps students think.
- Being given a choice helps increase student confidence and independence and promotes self-management and social awareness.
- A flexible classroom promotes spontaneous collaboration, which leads to higher-level thinking.
- Active movement throughout the day helps our students, especially those with sensory issues, focus and engage in learning.
- Flexible seating teaches students how to self-regulate, or make personal adjustments that help them work to their maximum potential.



These benefits help academic
and social development,
and we're excited to watch
your child grow!