

SEATING TIPS FOR DISTANCE LEARNING



CREATED BY:
AL-INCLUSIVE THERAPY SERVICES





**COMPUTER NOT
AT EYE LEVEL
MEANS CHILD'S
NECK IS FLEXED
THE ENTIRE TIME**

**ELEVATE
COMPUTER SO
NECK IS IN
NEUTRAL POSITION**
(WE DON'T WANT CHILD FLEXING OR
EXTENDING NECK)





**CHAIR TOO BIG
DOES NOT
ALLOW FOR
PROPER
SEATING
POSTURE**

**-PILLOW BEHIND
BACK
-STOOL FOR FOOT
SUPPORT
-ALLOWS FOR
90/90/90 POSITION**

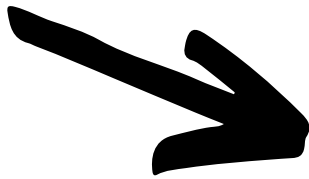


ALTERNATIVE SEATING OPTIONS

PRONE (TUMMY)

**THIS
IS A FAVORITE....**

**ALLOWS CHILD TO GET OUT OF THAT FLEXION
PATTERN THAT THE CHAIR CREATES**

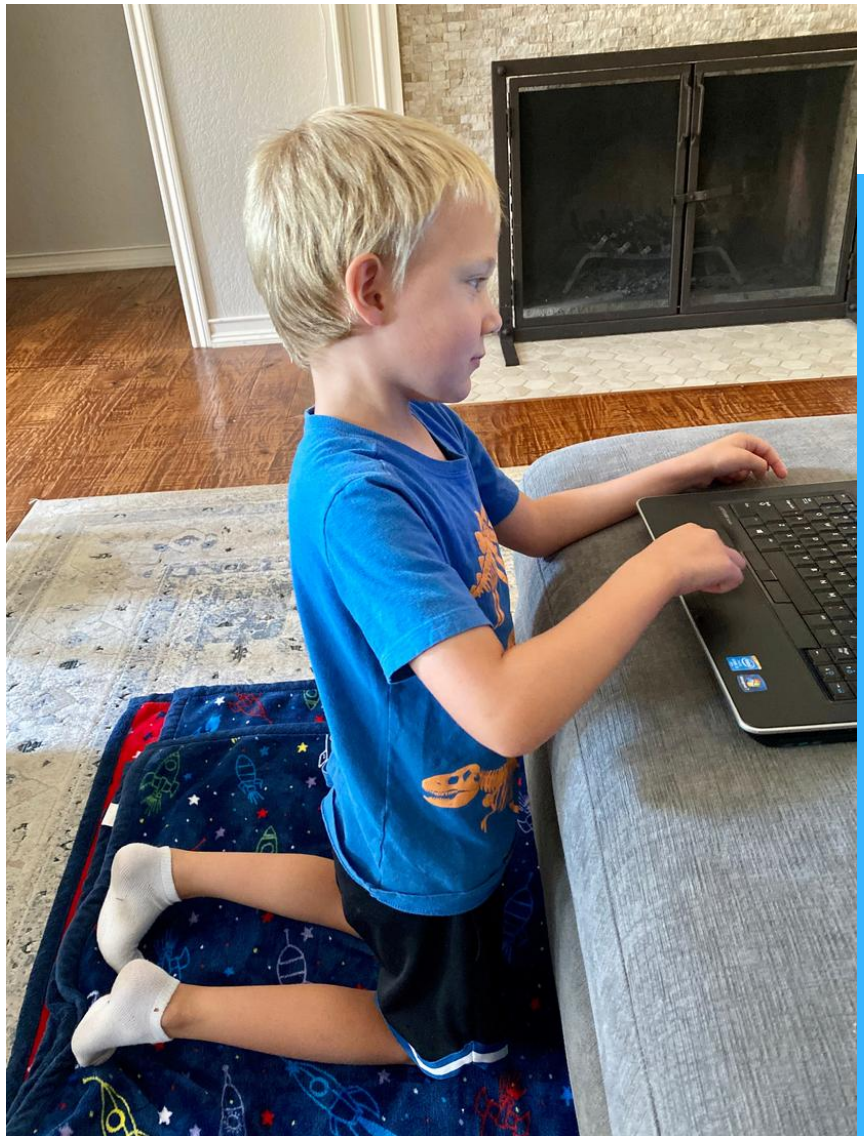


**GREAT FOR
PROVIDING
PROPRIOCEPTIVE
INPUT AND UPPER
BODY
STRENGTHENING**



TALL-KNEEL OR HALF-KNEEL

**GREAT WAY
TO ENGAGE
THAT CORE!**



WORK ON A VERTICAL SURFACE

**WHEN COMPLETING WRITING TASKS, TRY
THEM ON A VERTICAL SURFACE**



- PUTS NECK IN
NEUTRAL**
- BUILDS
STRENGTH IN
ARM/SHOULDER**
- ENCOURAGES
PROPER GRASP
ON WRITING
UTENSIL**

EASY BRAIN BREAKS DURING DISTANCE LEARNING



**BRAIN BREAKS ARE QUICK MENTAL BREAKS THAT
USUALLY INCORPORATE MOVEMENT, MINDFULNESS, OR
SENSORY ACTIVITIES TO ALLOW CHILD A CHANCE TO
PROCESS WHAT THEY ARE LEARNING, RE-CHARGE,
AND RE-ORGANIZE SO THEY ARE BETTER PREPARED
FOR MORE LEARNING**