

Flexible Seating Research and Information

http://net.educause.edu/ir/library/pdf/eqm0512.pdf	Flexible Seating
https://www.edutopia.org/blog/flexible-seating-student-centered-classroom-kayla-delzer	Student-Centered Classroom Redesign
http://luckylittlelearners.com/2016/01/flexible-seating.html	Flexible Seating
https://sites.google.com/a/wilmette39.org/kerber/home/flexible-seating	Flexible Seating
https://flexibleseatinginclassrooms.wordpress.com/tag/why-flexible-seating/	Flexible Seating

General and Brain Research to Support Flexible Seating

Kravitz Ph.D. (2009), on the British Medical Journal, says that even if children exercise in the morning or evening, but sit the rest of the day at a desk, rarely getting up, they would be at risk for significant and unhealthy blood vessel changes along with heart problems.

Reynolds (Science of fitness, 2015) says that "Globally speaking, kids sit on average 8.5 hours. Movement and activity really drops after age 8. That's of course, when school, homework and tech devices take over kids' lives."

Brain research also confirms that physical activity - moving, stretching, and walking - can actually enhance the learning process. Eric Jensen (2000), in his article *Moving with the Brain in Mind*, protests against the sedentary classroom style and suggests a better way to spend the long days in our classrooms, not only for students, but for teachers. Teachers need to engage students in a greater variety of postures, including walking, lying down, moving, learning against a wall or desk, perching, or even squatting. The brain learns best and retains most when the organism is actively involved in physical activity.

Dr. Mercola invites us to visualize an American classroom, don't we see students sitting all day? He says that they are not meant to sit for so many hours in the same place every single day at school. We now know that today's chairs do not offer enough flexibility to optimize learning. . Sitting in any chair form more than a short (10-minute) interval is likely to have negative effects on the physical self, hence the mental self, and at a minimum, reduce the awareness of physical and emotional sensations. This creates fatigue, which is bad for learning. Students may seem restless and unable to concentrate - or worse, they may become undisciplined - when the real problem is the lack of movement. As far back as 1912, Maria Montessori described the impact of chairs: "When chairs were used, children were not disciplined, but **annihilated**" (Montessori, 1986)