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Annotated Bibliography

Schilling, D. L. (2006). ALTERNATIVE SEATING DEVICES FOR CHILDREN WITH ADHD: EFFECTS ON CLASSROOM BEHAVIOR. Pediatric Physical Therapy, 18(1), 81. Retrieved from: <https://oce-ovid-com.ezproxy.library.uvic.ca/article/00001577-200601810-00023?sequence=1&clickthrough=y>

This journal is a study about two grade 5 classrooms, with a total of 47 students, 5 of which have ADHD. The two teachers in these classrooms introduced alternative seating (chairs, therapy balls, and air cushions) into the classroom for students to try. Teachers introduced the seating over a 6-month period through phases, of which included the introduction of each different type of seating separately, followed by the children being allowed to pick their own type of seating. Data was collected by two observers and the results of this study were that most of the students preferred the alternative seating in the classroom. In addition, when given the choice to choose what to sit on, most students choose alternative seats and not chairs. The students with ADHD had improved levels of attention, productivity and increased comfort.

I learned that alternative seating can help students with learning disabilities, specifically ADHD, with focusing and participation in the classroom. These seating alternatives can overall make all students feel more comfortable, which can be seen by most of the children in the two classes not choosing to sit in regular chairs.

Deris, T. (2019, April 2). Designing Flexible Seating With Students. Retrieved from https://www.edutopia.org/article/designing-flexible-seating-students.

A teacher named Tom Daris has been introducing alternative seating in his grade 2 and 3 classroom over the last eight years. He introduces a new piece of seating each year. In his classroom, he has wobble stools, scoop rockers, ball chairs, office chairs, and standing stations that work with his students at the beginning of the year to arrange the seating how the students would like it, in order to show that the class is for everyone, not just the teachers. After this, he creates rules with the students in regards to the use of the alternate seating. As a result, the students are held accountable; these skills can be learned and applied to other aspects of learning. Tom also says that the use of alternate seating in the classroom gives students options to seating that works best for their learning, and through this student also learn how to make choices.

I learned that alternative seating can be used in the classroom to provide students with options to find their most comfortable spot in the classroom that will help them succeed at learning. This also allows the students to practice how to keep themselves accountable through the rules of alternate seating. Because students are learning this skill through the use of alternate seating, they can also provide these new skills to their school work and keeping themselves accountable when it comes to listening and sharing their ideas respectfully.

Raudys, J. (2018, July 20). Flexible Seating: 21 Awesome Ideas for Your Classroom. Retrieved from https://www.prodigygame.com/blog/flexible-seating-classroom-ideas/.

This article is about 21 different types of seating that could be used in the classroom, and what the different functions these chairs offer. I learned that it can be expensive to have a lot of different alternate seating in the classroom. As a result, it is important to choose seating that can be used for multiple purposes. The article goes through the 21 types of alternate seating and what benefits come with each of these different types. At the end of the article I learned about how alternate seating is beneficial to help the students focus in class. Stools are a good option for alternate seating because students can sit for longer periods of time. This is because students have better posture using the stool and do not get tired or sore as easily, compared to when using a chair or sitting on the ground. Even introducing standing desks in the classroom is a popular option for students because sitting for long periods of time can be bad for a person’s health. Alternate seating can help students focus more in classes because they are no longer having to create simulation in bland classroom environments. Instead students are able to fidget in an appropriate manner that is not distracting to other students, and focus on what is needed to be learned.

WEP 0069: Flexible Seating, An Interview with Kayla Delzer from The Wired Educator Podcast. (n.d.). Retrieved from  https://www.stitcher.com/podcast/kelly-croy/the-wired-educator-podcast/e/wep-0069-flexible-seating-an-interview-with-kayla-delzer-49440703.

After listening to this podcast hosted by Kelly Cory, with the guest speaker Kayla Delzer, I learned that not one type of alternative seating works for every student in the classroom. For example, in Kayla Delzer’s classroom, the ball chairs only worked for about 20% of the students in the classroom. The teacher also said that standing tables work really well for students who have a hard time staying still, because they can move and work at the same time. Because of this it is important to have small amounts of many different types of seating. With having alternate seating in her classroom, she has seen more participation, higher motivation, and better focus from students. Kayla also said that they did an assessment on alternate seating by having students take a test in a class with alternate seating and another classroom with no alternate seating. The results being that students did 15% better in a classroom with alternate seating.

kindergartenKindergarten. ( 2018, June, 7). What I’ve Learned about Flexible Seating [video file]. Retrieved from <https://www.youtube.com/watch?v=iTtCj67055g>

A kindergarten teacher goes through the different seating used in their classroom and what the different benefits are. The teacher explains the use of each piece of seating in their class, with most of them being light and easy to move. I learned that it is important to not only have alternate seating in the classroom, but having seating that is easily moveable allows students to move their seating into places of the classroom that they feel is more comfortable for their learning. Not only does flexible seating improve participation, but it also teaches students to hold themselves accountable for their actions, and how to regulate their own behavior, by recognizing when they should move their seating to a different area of the classroom to help themselves focus.