

GUIDING PRINCIPLE 3

ENHANCING STUDENT AUTONOMY AND RESPONSIBILITY



Strategy: Chair Stretching

Audience: Kindergarten to Grade 12

What:

- Remote learning can increase the amount of time students and staff are sitting stationary at a computer
- Prolonged sitting can often cause pain, stiffness, and fatigue
- Remember to stretch throughout the day! Seated exercises are easily incorporated into your daily routine

How:

- Provide student with *5 Postural Exercises Using a Classroom Chair* handout or watch the video *Seated Full Body Stretching Routine*
- Work through the exercise routines as a class
- Teach students exercises so they may implement as needed

Materials:

- Handout: *5 Postural Exercises Using a Classroom Chair*
<https://www.yourtherapysource.com/blog1/2020/10/13/posture-exercises-for-kids/>
- Video: *Seated Full Body Stretching Routine*

Example:

Seated Full Body Stretching Routine



Inclusive Practices to Consider:

- Get up and physically move away from your workstation every 25 to 30 minutes
- Consider eye breaks: look around the room and focus on a faraway picture or object instead of looking at your computer screen
- Changing positions: consider using a variety of seating throughout the day (e.g., alternate between standing at a higher surface, sitting or kneeling on the floor at a lower surface, and sitting at your desk)

Reference and Links:

Posture Exercises for Kids at Home and at School

<https://www.yourtherapysource.com/blog1/2020/10/13/posture-exercises-for-kids/>

Computer & Desk Stretches

<https://i.pinimg.com/originals/62/ca/cb/62cab13869653c61ed1279f9b6030fe.jpg>