

COURSE Flexible Seating

AN OCCUPATIONAL THERAPIST'S PERSPECTIVE
TO SUPPORT AND FACILITATE LEARNING



This 7 hour course will explore the principles of flexible seating to help you redesign your environment. By the end of this course, you will know how to integrate flexible seating concepts in your classroom, which type of material to chose and how to organize the classroom to fit the children's postural needs.

MORNING

- Basic principles of flexible seating and benefits on attention, alertness and motor skills
- Postural and motor skills to support a good sitting posture
- Postural aids and alternative sitting postures : use of balls, stools and other tools
- Which tables to chose
- When to consult a professional

AFTERNOON

- Notions of ergonomics in the classroom and optimal organisation of environment
- Storage Space / Space to move / Gathering area
- Workshop in teams to elaborate classroom planning
- How to best utilize wall space
- How to help students make the right flexible seating choices for them : some ideas
- Questions and discussion

Where?

In person (in the Montreal Area -
To be specified according to requests)
or
Via an online platform

Rate?

In person course: 130\$ per person
(Course location to be determined)

Course via online platform:
145\$ per person

For who?

Minimum of 15 participants
Maximum of 25 participants

