

**THIS ISSUE:
HOW TO SPOT GOOD CHAIR
& DESK HEIGHT**

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**NEXT ISSUE:
WHAT IS BACKPACK
AWARENESS?**

Therakids

**ADDRESSING THE NEEDS OF EDUCATORS
AND PLANTING THE SEEDS OF CLASSROOM WELLNESS.**

HOW TO SPOT GOOD CHAIR AND DESK HEIGHT

Why is Good Height Important?

Do some of your students sit with their chairs tipped? feet dangling? heads down on the desk? OR stand when writing? sit on top of their legs?

Check to see if their chair and desk are a good fit.

A properly fitting desk and chair can help to promote:

- ✓ improved posture
- ✓ increased attention
- ✓ improved handwriting

Checklist for Good Seating:

- ✓ *Shoulders relaxed with elbows close to their sides*
- ✓ *Elbows bent at 90 degrees resting on top of desk.*
- ✓ *Hips and Knees at 90 Degrees*
- ✓ *Feet flat on floor*

Problem Solving Tips:

Try a reinforced box, phonebook, or stool under dangling feet

Try switching chairs or desks with a taller or shorter student for a better fit

Appropriate Chair/Desk Height

www.hwtears.com



**October is
National Physical Therapy Month**

Therakids P.C. provides specialized occupational, physical and speech therapy services to help children overcome developmental concerns. Services are provided in the school setting throughout southwestern Illinois by licensed occupational therapists, occupational therapy assistants, physical therapists, physical therapist assistants and speech-language pathologists. Email: www.Therakids.org

