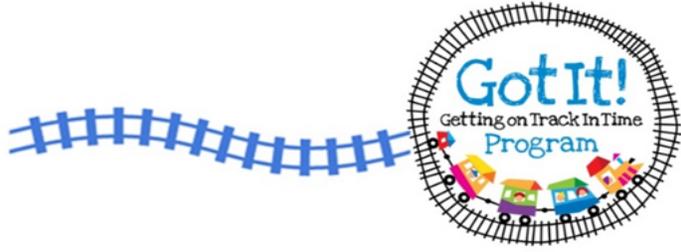


Got It!



Learning Away from the Table

Is it hard for your child to stay in their seat?

Changing how we position our bodies whilst learning can support children's focus and concentration. Try learning away from a table or desk. Consider:

- Where and how can we do this task?
- How long is this task? The longer the task the more movement required.

Some alternates to sitting at a table include:

Lying on their back



Kneeling



Sitting on the floor



Standing



Lying on their stomach



Moving and learning

