

Choosing the Right Alternative Seating Option

Seating Option	Description	Benefits
Therapy Ball/ Exercise Ball	Large inflatable ball for the child to use instead of a traditional chair.	Promotes core strength, balance, and functional posture
	Allows the child to roll side to side or front to back	Provides vestibular stimulation through bouncing and rolling for students who need to move to stay alert
	Allows the child to bounce	
Rocker Chair (Zuma)	Looks like a regular classroom chair but instead of legs, the base of the chair is like a rocking chair	Provides vestibular stimulation through rocking that can be alerting for some students and calming for others
	Provides a subtle rocking motion while sitting	May be beneficial for students who tip backward in their seats.
Wobble Seat (Kore)	A round stool seat with a curved circular base	Promotes core strength, balance, and functional posture
	Allows subtle rocking and wiggling motion	Provides vestibular stimulation through rocking and wiggling for children who need to move to stay alert
T-Stool (Fun and Function)	Flat seating surface with only one leg that rests on the floor	Promotes core strength, balance, functional posture, and coordination
	Requires student to find their center of gravity to keep the stool upright	Promotes focus, alertness, and attention for students who need more movement
	Allows the child to rock slightly in all directions	

Seating Option

Description

Benefits

Bean Bag Chair

Large fabric covered seat filled with beans or other fillers and placed on the floor

An alternative to working at a desk

Provides calming deep pressure input to the tactile and proprioceptive systems

A good option for students who need multiple seating options throughout the day or students who have difficulty staying in their seats

Stretchy band for feet (e.g. Bouncy Bands or Foot Fidget)

Stretchy band secured to the legs of the chair or desk

Allows child to kick feet into the band or bounce feet on top of the band

Provides resistive proprioceptive input when child pushes feet/legs into the band

Provides movement input for kids who need to move to stay alert and focused.

A good option for students who tap or kick their feet

Floor cushions and reading cushions

Large cushions placed on the floor for students to sit, lie, or lean on during reading, group work, and other activities

Can be used with clipboards or lap desks for written work

Lying on the floor provides calming whole body tactile and proprioceptive input

Allows for frequent changes in positioning to promote alertness and engagement

Good options for students who need multiple seating options throughout the day

Standing desk

Tall desk surface where students can stand while they're working

A good option for students who are frequently out of their chairs

Allows for subtle changes in positioning to increase alertness