Changing postures can promote core development, provide a needed movement break and help with written output. Try these postures in your classroom or home.

Compiled by Tere Bowen-Irish OTR/L, may be reproduced for instructional purposes

- Cross legged
- Chair sitting
- Side sitting
- Straddle sitting (with back of chair turned around, child rests chest on chair back)
- High kneel or 1/2 kneeling
- May need to have a block under feet to be grounded.
- Movement cushion seating
- Ball sitting
- On tummy with legs extended behind the body
- Placing items to be worked on at a slant or vertically
- On the floor, leaning against a wall
- Asymmetrical sit (one leg tucked up, other straight out)

*no kick stand hands