

# Sitting

## Proper Sitting Posture

Student: \_\_\_\_\_ Date: \_\_\_\_\_

This student improves his/her tabletop work when sitting with proper posture. Please make sure that the student is sitting in a 90-90-90 position: hips at 90 degrees, knees at 90 degrees and ankles at 90 degrees. Feet should be on the floor. ~Thank you~

## Foot Stool

Student: \_\_\_\_\_ Date: \_\_\_\_\_

This student is unable to reach the floor in the classroom chairs. Please make sure the foot stool is available to provide proper stability when in the classroom chair.

~Thank you~

## Sitting Up Straight

Student: \_\_\_\_\_ Date: \_\_\_\_\_

Having proper posture in the chair can help to improve desk top work and maintain a proper level of alertness. Please provide occasional verbal reminders for this student to sit up straight in the classroom chair. ~Thank you~

## Upright Posture

Student: \_\_\_\_\_ Date: \_\_\_\_\_

In order to maintain an upright posture in the chair, this student benefits from a tactile cue on the back. As instructed by the therapist, provide firm, downward pressure on the student's back as a tactile cue to improve sitting posture. ~Thank you~