GOOD POSITION. BETTER FOCUS.

Stronger Learning.

Why How We Sit and Feet Flat on the Floor Matters

The way a student sits can impact more than just comfort—it affects their ability to focus, participate, and learn. Good posture and feet flat on the floor help the body and brain work together for success in the classroom and beyond.

GOOD POSITION = BETTER PERFORMANCE

When students are supported in a stable, upright position with their feet flat, they can attend better, think clearer, and feel their best!

THE IMPORTANCE OF GOOD POSITION

IMPROVES FOCUS & ATTENTION

An upright, supported posture helps the brain stay alert and ready to learn.

SUPPORTS BREATHING

Sitting up tall allows the lungs to work efficiently, which increases oxygen to the brain.

PROMOTES STRONG POSTURE

Good alignment supports a healthy spine and helps prevent aches and fatigue.

BUILDS CORE STRENGTH

Sitting with feet flat and upright encourages the core muscles to stay active and strong.

ENHANCES LEARNING

When the body is comfortable and supported, students can better take in, process, and remember information.

FEET FLAT ON THE FLOOR: A SMALL CHANGE THAT MAKES A BIG DIFFERENCE

- Provides a stable base for the body
- Helps with balance and body awareness
- Improves posture and reduces fidgeting
- Supports better hand control for writing and other tasks

WHAT IT SHOULD LOOK LIKE



HEAD UP
Eyes looking forward, not down.

SHOULDERS RELAXED
Not hunched or raised.

BACK SUPPORTED
Sitting all the way back in the chair.

HIPS & KNEES
Bent at about 90°.

FEET FLAT
Both feet on the floor or on a footrest.

Kiddo Connections

QUICK TIPS FOR SUCCESS

- Choose a chair that allows feet to rest flat on the floor.
- Use a footrest if feet don't reach.
- Take movement breaks to help reset the body.
- Keep knees at or just below hip level.
- Encourage sitting up tall with a straight back.

Small adjustments today. Big impact for their tomorrow.