

## Working standing up: THE #1 TIP, fast, simple and effective!

As the author of 'Sensory solutions in the classroom', we regularly provide training to parents and professionals. During the training we ask to share case studies, in which participants give their own examples of difficult behavior. What strikes us is that case studies of underresponsive people outweigh those of overresponsive people. These underresponsive people lack sensory input and are therefore a bit sleepy or sluggish, or they are looking for extra input nu wiggling, fidgeting and making noises.



It take a lot of extra energy from for example a teacher to get underresponsive students to be able to focus. And underresponsive people won't get their (home) work done well at home if they don't receive enough sensory input.

We have a solution that is really very simple. A solution that you can usually implement immediately, without much hassle. In many cases, the ineffective behavior can be solved by working standing up at such a time. Below we tell you about the how, when and where of working standing up.

### Why is working standing up a great solution?

When you stand, you use more muscles than when you sit. And you can move much more easily to activate even more muscles. For the person who needs more exercise, working standing up is a great solution.

### When can you work standing up?

You can work standing up in many situations

- While you have to listen to something or someone, you can stand behind your chair.
- During various tasks, you can stand and place your work papers or book on a raised work surface. So you can lean and wiggle while reading and writing, to keep you activated.
- When you hold a conversation with students, you can agree that the student who answers will do this standing up. This also makes them more audible to others.
- Have the student stand up when reading aloud. Standing up, you keep your torso upright more easily and the lungs have more room. This allows you to use your breath better when reading aloud, with the result that you are better heard.
- A student who does not write very well because, for example, he has bad posture, can often write much better when he does so standing up. Because the muscles of his trunk have to work harder when standing, this gives a more stable base for his shoulder and arm and he can better make the fine wrist- and hand movements needed to write.



### How do I make sure that a child stays in place?

You can have the child stand on a square of carpet or something similar to mark his place. The carpet square indicates that walking around is not the intention and staying in place is. Cheap bath mats are also great to use for this. Or mark a space with insulating tape on a smooth floor.



### Where can you work standing up?

Take a good look around your home, office or classroom. What higher surfaces are there already?

- Do you have a windowsill that is high and wide enough?
- Are there cabinets that have the right height and where you can create a workstations?
- Do you have high tables in the classroom where one or more workplaces can be created?
- Is there a shelf that hangs at the right height and is sturdy enough to work

on?

When we observe in a classroom, we see that there are usually cabinets that are at a nice standing height. They just have to be emptied of some materials, to make space.

We also see that sometimes higher tables are already present, with high chairs next to them. You can put those chairs aside for the students who work standing up.

When it comes to occasional standing, for example during listening and reading, the student can stand by his table or stand behind his chair. In case of listening and looking at instructions, make sure the student is not blocking a fellow student's view.

It is of course best if you have standing tables in the classroom. Keep this in mind when there is a budget to purchase furniture.



If you have any questions, tips or ideas about working standing up, you can email us at [monique@dutchsensorysolutions.nl](mailto:monique@dutchsensorysolutions.nl).

Kind Regards,  
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