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Flex On This! Flexible Seating in the Classroom
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Research Question
• How does flexible seating in the classroom impact student learning?

Literature Review
• Gansemer-Topf and Rands (2017) stated that flexible seating in the classroom creates student motivation and engagement.
• Harvey and Kenyon (2013) concluded that incorporating flexible seating engages students in lessons and increases their motivation.
• Merritt (2014) gives insight to the growing body of a child and how they have smaller attention spans, making it different to focus for long periods of time.
• Flexible seating should be inclusive for students with sensory processing disorders (SPD), attention deficit disorder (ADD), and attention deficit hyperactivity disorder (ADHD) (Stapp, 2018)

Methodology
• The participants in this research investigation were 148 sixth grade students.
• In order to receive responses from all of them, I created a flexible seating survey with 3 questions, asking the students about their experiences with traditional and flexible seating in the classroom.

Results and Data Analysis
• After collecting and analyzing the responses, I calculated that 96% of the students said that they were in favor of having flexible seating over traditional desks.
• Most of the student responses were similar in nature, stating that they could focus more during lessons because of the way their bodies felt in the alternative seats.
• Looking at Figure 1, all students were able to experience some form of flexible seating; each one giving students a more comfortable way to learn.
• Not only was the seating comfortable, but it also provided support for students who needed to see to the board by having a more open space/lay out of the classroom.
• Students with different disabilities who needed to fidget (such as rocking) to concentrate, also benefited from flexible seating in the classroom.

Conclusion
• Overall, incorporating flexible seating in the classroom is beneficial to students’ learning because it increases student motivation, as well as engagement, while giving students a more comfortable approach to learning.
• Flexible seating does have limitations due to specific classrooms, such as science, who need tables and desks for lectures, labs, and experiments.
• For further research, I would be interested in seeing if there is any correlation between test/homework scores and flexible seating. Does flexible seating influence academic scores?