

Flexible Seating Choice Charts

Bouncyband.



Bouncyband®



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Bouncyband® designs unique products that use movement to stimulate the brain and boost mental performance.



Instagram

Our products are developed to capture the proven benefits of the Yerkes-Dodson Law, which states that physical stimulation can improve and help achieve optimum mental performance when one is neither over-stimulated nor under-stimulated.



TikTok

Incorporating our products into your educational setting allows students to release excess energy without disturbing their classmates, relieving anxiety, stress, and boredom.



Twitter

Visit us online at [bouncyband.com](https://www.bouncyband.com) and follow our socials to learn more!



Pinterest



Flexible Seating Choice Charts

Flexible seating options provide students with the opportunity to engage in active learning. Research says that active learning activates more senses, keeping students engaged and motivated for longer.

This flexible seating choice chart will help keep your options organized and fair. Print the seating chart visuals in color or black and white. Laminate the pages for durability. Label clothes pins with student numbers or names. Hang the visuals in your classroom with tape or poster putty in an easy to reach place.

Establish a system of changing seating options with your students (students may switch daily or weekly) to give every child a chance at using the different seating options.

The list of supplies below are the required supplies for the resource outlined in this pack.

You will need...

- Access to printer (b+w or color)
- Copy paper or cardstock (white or color)
- Tape or poster putty
- Permanent Marker
- Scissors
- Clothes pins
- Lamination supplies (optional)



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ROCK & TWIST



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