

Interview with one of our Kinesthetic Classroom Teachers-
Michelle Andrews
Beresford Elementary-4th Grade



FAQ ASK THE TEACHERS

Do you have a place to work if they get tired of moving?

I have a counter/standing spot that one kiddo uses regularly. I have three exercise balls that the kids use regularly for something different, I have 4 regular chairs still in my room. Nobody-ever-uses-them to sit on....they only use them to stand on to hang something up on the wall or write on the top of the whiteboard if they can't reach it. It makes me giggle that the chairs are now essentially step stools :)

Is there any piece of furniture that is loud?

None are loud. You have to see it to believe it. We had one that squeaked but WD-40 fixed it!



How long can they sustain movement?

There is no tension. It is meant to just move, like a slow walk. Several of my kids move all day. It just depends on the kids. My ADD/ADHD kids move like crazy at first and then settle in to a slow, steady movement.

If they get tired of peddling can they rest their feet on the ground?

If they are tired, they just stop moving and rest. Kids will also stop moving when they are struggling to come up with an answer or are really concentrating, which is a nice cue as a teacher to see who needs help.

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Any type of movement you would avoid?

Room arrangement is very important, so nobody's shins get hurt. Just be sure to have good pathways for everyone to avoid tripping.



What desks do your students enjoy most?

My fourth graders (and my Kindergarten and 2nd grade daughters) love the pedal desks and the standing 6 person variety table



Do you have any other recommendations?

Get a teacher desk if you can afford it. I have always had a standing desk, but my new "gazelle desk" is perfect for planning and correcting. I have also lost 20 pounds personally because of them. I just couldn't be the teacher with the fit desks that was overweight. It has been very motivating for me! If you get

Do you have a great way to organize student materials?

(I am used to their things being in desks)

I don't miss the desk mess AT ALL! We have lockers but really a binder with a few pocket folders and a stack of textbooks somewhere in your room, as well as a pencil pouch for each student with essentials is all you need, I think the no desk storage thing forces them to be better organized in he heir binders. I have seen teachers use a crate for stuff. My kids put their math crates during math time with their workbook, textbook and notebook, and between the two desks where they can't be kicked, if the desks are in pods.

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