Boosting Brainpower with Core Strength + Perch Seating
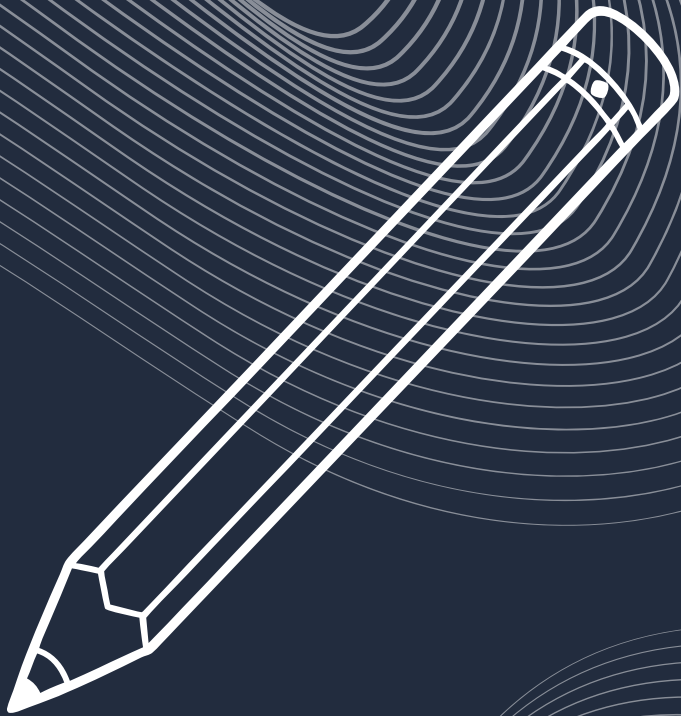
Movement, posture and smart seating can transform how students learn.

What If the Problem Isn't the Curriculum?

Could the issue be in the core?

Core strength refers to the stability of the muscles in the abdomen, back, and hips, essentially everything that supports posture and movement. While often associated with athletics, core strength is critical in the classroom too.

When the core muscles are weak, students may struggle to maintain posture. They slouch, fidget, or fatigue quickly. These behaviors can make it hard to concentrate, write, or stay engaged. A strong core frees up mental energy for learning.

Why Core Strength Matters
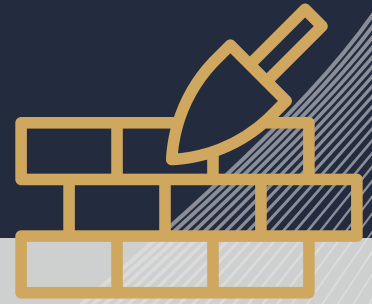
The Core Is the Classroom Foundation

The Brain-Body Connection:

- **Focus & Attention:** Upright posture improves oxygen flow and alertness, helping students stay focused for longer periods.

- **Fine Motor Skills:** Stability in the torso supports precise hand movements for writing, drawing, or using scissors.

- **Cognitive Processing:** Movement, balance, and posture stimulate the prefrontal cortex, enhancing executive function, memory, and problem-solving.

- **Confidence & Regulation:** A stable body builds physical confidence, which often translates into better behavior and emotional control

What is Perch Seating?

Active Sitting That Engages the Body

Perch seating includes wobble stools and other active seating options that promote a **natural, forward-learning posture.**

These seats typically:
- Have **no backrest.**
- Require **light core engagement.**
- Allow subtle **movement** and **balance** adjustments.

Instead of slouching into a traditional chair, students sit with **better alignment,** encouraging **active participation** without distraction.

Easy Ways to Support Core Strength

Quick Classroom Tips

Quick Tips to Support Core Strength in the Classroom:

- Use **perch stools or wobble seating** at small group tables.

- Build in **core-activating** brain breaks (planks, yoga)

- Encourage **floor play** and active posture in early learners.

- Offer a mix of **flexible seating** zones for movement and choice.