

Posture

In class, students learned how to “STACK YOUR BLOCKS.” Ask your child: “What does it mean to stack your blocks?” This phrase is a reminder that we sit with correct posture when we write sitting at our desks. You can support your child's development of correct writing posture by reminding your child to “STACK YOUR BLOCKS” at home when they are doing their homework. Please review the differences between “good” posture and “bad” posture using the picture below, and ensure your child's desk at home is the correct size. Most importantly, your child's feet should rest comfortably flat on the floor (not dangling) when he or she is seated on their chair.

