

Tips for Teachers on Engagement - The Standing Desk Way

Engage Your Classroom with These Tips

Classroom management is tricky to learn for teachers of any experience level. One surefire way to keep student behavior under control is to **increase the overall engagement in the classroom**. It has been proven standing desks improve engagement and therefore classroom management. These tips for teachers will help keep student engagement at an all-time high without disrupting the flow of learning.

1. Start the day with movement.

When students come to school knowing boredom is ahead of them, the engagement battle is already half-lost. By starting the day with some simple exercises, students come to school excited and ready to participate. Exercise increases oxygen to the brain, which allows the students to prepare to learn. In fact, the New York Times suggests students receive 60 minutes of physical activity every day to promote achievement. While it probably isn't feasible to devote that much time, small amounts throughout the day help.

Some simple exercises you can do with your students include stretching, jumping jacks, sit-ups, and balancing on one foot. Alternatively, you can have one of your students lead a dance every day and have their classmates mimic what they do. Students love any opportunity to show their leadership skills.

2. Enhance attention between lessons.

A recent study done by the **Washington Post** points out that having students sit for too long, particularly at the elementary level, is detrimental to both their health and their overall engagement. One way to combat brain fatigue is to allow your students to take breaks

and move around during the school day. When your students know a break is coming, they can push themselves to focus just a little longer on the lesson or task before them.

Frequent breaks actually help to improve overall productivity for both students and adults. An article at [PsychCentral](#) says the "brain gradually stops registering a sight, sound, or feeling if that stimulus remains constant over time." This means the longer something goes on, the more difficult it is to pay attention. By introducing set breaks, students will have an easier time transitioning from one task to another, because it gives their brains a break before they have to focus on something new.

3. Engage the senses.

The last tip for teachers to promote student engagement has to do with learning styles. There are three primary ways students learn: visually, auditory, or kinesthetically. To address the needs of all of your students, you have to take into account how they learn best.

Visual learners need a lot of pictures, and they need things written down. This could be as simple as writing the instructions on the board or providing them with a handout. Also, they love graphs and charts. For example, if you're doing a lesson on the weather cycle, showing an infographic with all of the steps labeled goes a long way for visual learners.

Auditory learners need to hear things to best understand them. Any text read out loud to them will increase their engagement. Also, anytime music played in the classroom while they work on their assignments will help them to focus their attention.

Finally, kinesthetic learners need to have movement involved in their learning. They love manipulatives and to see things acted out before them. Being hands-on in their learning increases their engagement and their academic success.