

Classrooms should replace traditional desks with standing or “movement” stations

Your head is resting on your desk, eyes slowly closing and opening. The sound of the teacher’s monotonous voice drains out of your head. You doodle on your book and sigh. Then the yelling of the teacher and a frustrated sigh that sound the whole room. These things can easily be avoided. How? Standing desks. Why? The answers range from concentration, your back and your health.

Firstly, better concentration. Standing up is proven to make someone more alert and awake as sitting down calms your body and makes your brain fall asleep faster. Your brain shutting down means less concentration and possibly more sleeping kids. Kids sleeping in school would not make the school look good at all.

Secondly, your posture. Sitting at a desk means you have to bend your back to write and look at your desk. Curving your back for an extended period of time can lead to terrible postures. You will soon have an aching back which makes you feel like a granny despite your age.

Lastly, using a standing desk reduces your chance of obesity. Research has shown that sitting at a desk burns the minimum amount of calories it needs resulting in obesity. Obesity can lead to frequent bullying from classmates. Frequent bullying from classmates leads to bad mental health and insecurity. Mental health and insecurity leads to not wanting to go to school meaning you have to be dragged or even bribed to go to school. Going to school shouldn’t be something to be forced to do, it should be chosen to be done.

In conclusion we should replace traditional desks with standing desks. No one wants to walk into a classroom where everyone is grumpy and their backs, a ninety degree angle! Lets change this and change the traditional desks with standing desks now!