

Joe Schmo  
Opinion Writing  
Date

SAMPLE

engaging beginning

## FLEXIBLE SEATING

Have you ever felt like you had the "wiggles" when you were sitting in a seat for a long time, but you were stuck? You couldn't move. I bet that was frustrating! I think flexible seating is a great choice for students to use in the classroom. Flexible seating helps kids stay focused and increase on-task behavior, as well as lessen distractions toward fellow students..

state your opinion



introduce the 2 reasons

reason #1



transition phrase for reason #1



The first reason flexible seating is a good idea is because it helps kid stay focused. According to "Some teachers giving their students interesting new seating options," at Newsela.com, "I have a lot of students who like to move while they work. Regular chairs don't allow them to do that," said Cass, who teaches at a Dallas school. "Wobble chairs allow them to move around while they learn." "Being able to get the wiggles out helps students stay focused, which will help them listen during lessons, and then learn more. Learning is the goal of education, so anything that can be used to help students learn should be encouraged. Another example from the article includes, "A 2015 study by scientists in California found that movement can help some kids think. It can especially help children who have trouble paying attention."



evidence with text quoted and cited



transition phrase for reason #2



The second reason flexible seating is a good idea is because there would be more on-task behavior and less distractions for other students. Again, the article stated above, from Newsela.com says, "in the past, more students would roam around the room." If students are roaming around the room, they are not on-task and will distract other students from learning. They may walk around and try to talk to their



reason #2

fellow students, which will cause other students to get distracted and not learn or try their best in learning.

transition  
phrase for  
final  
paragraph



In conclusion, flexible seating is a good idea and should be available to students in their classroom. Not only do students learn better because they can stay focused, but other students benefit as well. There are less distractions around when their fellow students are at their seats focused and learning.

restate  
opinion



} summary

### Bibliography:

- "Some teachers giving their students interesting new seating options," at Newsela.com:  
<https://newsela.com/articles/wobble-chairs/id/23771/>