

...on the market since 2018




KINESTHETIC DESK

MOVEMENT ACTIVATES THE BRAIN

WHY KINESTHETIC DESKS?

Movement and interaction with the body are important because they help to learn in a way that involves multiple senses and encourages physical activity, which in turn improves attention and memory.

 +386 2 828 00 54

 www.inovatio.si



inovatio

EXERCISE YOUR BODY, EXERCISE YOUR BRAIN



SCIENCE SUPPORTS KINESTHETIC DESKS

A kinesthetic desk **allows students to move appropriately at the table while standing.**

The footrest (pendulum) which is in the form of a swing, allows the child not to persist in a static position, which is unhealthy.

The child **alternately places his foot on the swing at the table**, which helps to perform movements that **activate the cerebellum** (small brain) and at the same time alternately **allows the legs to rest.**



The pioneer of the kinesthetic desk is **Jani Prgič, M.A.**, who is a **leading expert** in Slovenia for the **applied use of neuroscience** findings in team management, communication training, crisis intervention programs, **teaching**, and working with clients, including adolescents, adults, and the elderly.

Jani Prgič **developed** the kinesthetic desk **with the aim of reducing the negative effects of prolonged sitting** and **encouraging a more active and healthy lifestyle for all people**. By developing kinesthetic desks, he contributed to the greater recognition and use of such approaches in educational environments and workplaces.

Kinesthetic desk designed by Jani Prgič





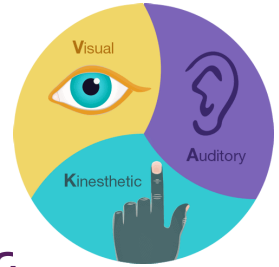
Kinesthetic desk designed by Jani Prgić

WITH HOLISTIC TEACHING, WE CATER TO ALL LEARNING STYLES:
VISUAL, AUDITORY, KINESTHETIC

MOVEMENT OR KINASTHETIC TYPE OF LEARNING

The kinesthetic learning type includes students whose
dominant sense for receiving information is the sense of touch.

**IT IS CHARACTERISTIC OF THE KINESTHETIC LEARNING
TYPE THAT STUDENTS:**



change their
learning
location
frequently

move or tap
their feet
or hands
while
learning

learn in
different
places

need
movement
breaks while
learning



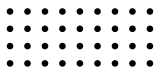
For students up to the age of eleven, the optimal way of learning is the kinesthetic one, regardless of which type will later predominate in them (whether visual - or auditory - or kinesthetic).



USEFULNESS OF THE KINESTHETIC DESK

The kinesthetic desk is an **innovative tool** designed to **encourage physical activity** and **improve the motor skills** of users.

It is not only a learning aid, but can **contribute to greater engagement** and **better learning outcomes** by enabling a more dynamic and physically active approach to learning.



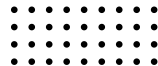
BENEFITS

Physical benefits

Kinesthetic desks are designed to encourage movement, stretching, and physical exercise because these activities have important benefits for children's development, both physically and cognitively.

Psychological benefits

By incorporating movement into the learning process, children can more easily cope with challenges, develop better concentration, increase their self-confidence, and create a positive attitude towards learning.



USING THE KINESTHETIC DESK, CHILDREN COULD GAIN PHYSICAL BENEFITS



Improved
mobility and
flexibility



Strengthening the
muscular system



Promoting
healthy body
posture



Improving balance
and coordination

IMPROVED MOBILITY AND FLEXIBILITY

When performing tasks on a kinesthetic desk, children often perform body movements that involve **stretching, bending, and moving the body** in different directions. This can contribute to greater flexibility of muscles and **joints**, which contributes to better physical well-being and greater mobility.

STRENGTHENING THE MUSCULAR SYSTEM

A sedentary lifestyle can lead to muscle weakness, especially in children who spend too much time sitting. Kinesthetic desks **allow children to move, stretch, and perform various physical exercises**, which can **help strengthen the muscles of the trunk, legs, and arms**. This can contribute to better physical fitness and health.

PROMOTING HEALTHY BODY POSTURE

A sedentary learning style can cause posture and spine problems in children. Using a kinesthetic desk, where students can be **more active and in different positions, encourages a natural body posture**. This way of working can help prevent back problems that result from sitting in incorrect positions.

IMPROVING BALANCE AND COORDINATION

Using a kinesthetic desk, **children often move, stand, or perform tasks that involve different body positions**. Such activities can increase their ability to **maintain balance and improve eye-hand coordination**.

THE TABLE ALSO BRINGS PSYCHOLOGICAL BENEFITS



Improved concentration
and focus



A reduction in stress and
anxiety



Increased motivation
and engagement



Encouraging
creativity

IMPROVED CONCENTRATION AND FOCUS

A kinesthetic desk **encourages students to move while learning**, which can **improve their ability to concentrate**. Movement increases blood and oxygen flow to the brain, which helps them focus better on tasks. By actively participating in the learning process, children are less likely to get lost in distractions, as **movement reduces mental fatigue and monotony**.

REDUCED STRESS AND ANXIETY

The physical activity provided by kinesthetic desks **stimulates the release of endorphins** – happy hormones that can help **reduce stress, anxiety and tension**. When children do physical exercises or simple movements while learning, they can more easily cope with school stress and feelings of anxiety. Movement **helps calm the nervous system and improve their overall emotional state**.

INCREASED MOTIVATION AND ENGAGEMENT

By **incorporating physical activity** into the learning process, **motivation increases**. Kinesthetic desks allow for a more dynamic, fun and interactive approach to learning, which **reduces the feeling of boredom**. When the learning process is connected to movement and creativity, **students become more engaged and motivated to participate in tasks**.

STIMULATING CREATIVITY

The kinesthetic desk **encourages movement**, which allows children to develop their creativity. Movement, as part of learning, **helps to free the mind, which encourages more flexible and innovative thinking**. When children move, they often come up with new ideas and approaches to tasks, as **movement has a positive effect on their cognitive flexibility**.

TIPS FOR USING THE KINESTHETIC DESK

IN THE CLASSROOM AS AN ADDITIONAL DESK

Using a kinesthetic desk as an additional desk in the classroom has many benefits for the learning process. Such a desk allows students to move while learning, which helps improve their concentration and reduces the restlessness that is often present with long periods of sitting.

ADHD SYNDROME

A kinesthetic desk can be very useful for children with ADHD (attention deficit hyperactivity disorder) as it allows for movement, which helps to increase concentration and reduce restlessness, which is often present with this disorder.

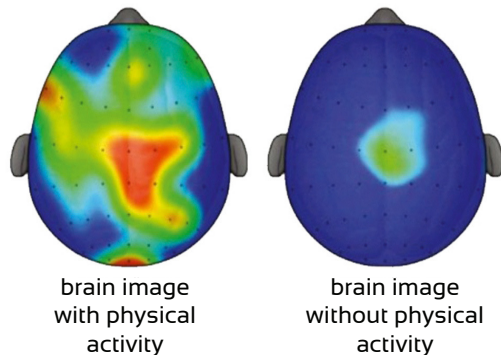
AN ORAL ASSESSMENT AID

A kinesthetic desk, as an oral assessment aid, can provide safety and comfort for students, especially those who may feel anxious or stressed about oral assessments.

IT CAN REALLY BE USEFUL!

A kinesthetic desk is **beneficial** for children because it encourages movement, creativity, and the involvement of the body in learning.

It also **supports motor development** and helps children focus on tasks more easily, allowing them a more **dynamic** and **interactive approach to learning**.



ALARMING!

By 2050, the incidence of dementia (Alzheimer's) will increase by 4x.

The phenomenon affects up to 50% of people aged 85 or older.

Exercise has been proven to reduce the risk of dementia and help improve emotional states such as anxiety, depression, etc.

Depression increases the likelihood of Alzheimer's in women by two times and in men by four times.





Kinesthetic desk designed by Jani Prgić

Table surface dimensions:

Rectangular tabletop size 70 x 50 cm.

Table height:

The table is easily adjustable using a gaslift mechanism (76 cm - 114.5 cm).

Tabletop:

The tabletop is laminated around the edges and is resistant to spills. The thickness of the tabletop is 25mm.

Accessories:

There is a hook for hanging on the base of the table.
There is a metal shelf for storage under the table.

Delivery

Unassembled.

innovative solutions for the future



inovatio



THANK YOU
FOR YOUR ATTENTION

WE ARE AVAILABLE FOR MORE
INFORMATION

+386 2 828 00 54



contact@inovatio.si

