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### **Physical and postural advice for teachers during the pursuit**

Dear Teachers,

“It is not the load that **breaks** you it is how you **carry** it”

In teaching two-thirds of our communication is nonverbal. Between head nods, smiles, frowns, closed postures, head tilts, raised hands, and exciting pacing, teachers, and students send hundreds of non-verbal cues to one another daily. Positive body language in a classroom setting has the ability to motivate, inspire and engage. It can not only give the confidence needed to teach but can also reassure students that you actually know what you're talking about. Right posture will improve personality and teaching, whereas the wrong posture will damage health.

Tips to improve posture for teachers while teaching:

- First and foremost, it is safe to sit using a chair with lumbar support keeping the back straight. The feet should be flat on the ground.
- Teachers teach mostly in the standing position and should practice proper standing and bending posture techniques. Give equal weight to both legs. Leave a gap between your legs equal to the length of the shoulders. Keep waist straight. This posture will help you teach easily and work for a long time.
- Wear comfortable footwear. Right and comfortable posture starts from the ground as per teachers' dress code. High heels or trendy and fancy shoes won't be comfortable for teachers. Rather, it will spoil the posture as well as spoil the health.
- Breathing exercises to calm the body and mind. Because of climate and daily routine, teachers have to face situations where they feel exhausted. They might suppress a few things or some matters this will disturb their breathing routine. This can cause uneasiness in the muscles, chest, and shoulders. This will be harmful to health in long term. Hence, teachers have to practice deep breathing. Which will relax the body and mind.
- New changes are happening in the teaching routine almost every day, sometimes online and sometimes offline sometimes technology involvement or time stretch. This is another reason for teachers to not avoid physical exercise. Stretching, yoga poses, and strengthening help teachers practice the right posture.
- Take breaks after working continuously. Stretch a little or take two to three deep breaths. Drink plenty of water.

**Team RGS**



**HAPPY LEARNING ADVENTURES**



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