

Purposeful Pairing: Optimizing Student Chair & Table Heights for Better Learning

Choosing the right chair and table height is essential for creating an ergonomic and comfortable learning environment for students. Proper alignment of furniture promotes good posture and reduces the risk of discomfort and potential long-term health issues. This guide was made to help you choose the right chair and table heights for your environment.



	A	B	C	D
Seat Height	12"	14"	16"	18"
Table Height	22"	24"	27"	29"
Pre-K 4 Year Old	100%			
Kindergarten	50%	50%		
Grade 1		100%		
Grade 2		25%	75%	
Grade 3-4			100%	
Grade 5				100%
Grade 6-12				100%

Based on percentage of students per grade that fit the listed chair seat height and table top height.