



# A Sensory Life

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## Ball Chairs in the Classroom

### Sensory Benefits of a Ball Chair:

- ✓ Activates and maintains the vestibular system in “alert mode” the entire time the child is sitting on the ball, therefore improving attention to task and ready state for the brain to learn
- ✓ Facilitates good posture and core strength
- ✓ Helps to get the wiggles out for those children who tend to move often while in their seat
- ✓ Excellent tool for sensory seekers
- ✓ Since the child is receiving vestibular and proprioceptive input while using the ball chair, self regulation can improve and decrease moments of sensory overload throughout the day
- ✓ The ball chair can also be used as a therapy ball for laying in prone over the ball or laying on back...both excellent sensory activities to incorporate throughout the school day.



### Ball Chair Instructions and Helpful Tips:

- ✓ Balls with feet are the best, since it keeps them from rolling away from the desk when not in use
- ✓ Hippity hop balls can also be used as the chair...jumpingballs.com has a variety of sizes and they are quite inexpensive
- ✓ Discount stores also sell basic exercise balls with sand inside which keeps it from rolling around and cost around \$10 each
- ✓ Be sure the balls are the right size for the children, feet should be flat on the floor, and hips and knees at 90 degree angles...and be sure the height of the desk/table is no higher or lower than 1 inch from the bent elbows
- ✓ Be sure to establish rules for use of the ball
- ✓ Encourage slight bouncing as desired, since this keeps the vestibular system activated...which helps attention to task as well as visual motor skills
- ✓ Let the child choose how long they use the ball, perhaps all day or maybe for just a few minutes

For Further Information Visit: [ASensoryLife.com](http://ASensoryLife.com)

