

The Ball Chair

Benefits

A ball chair can help take the wiggles out and help you sit up straight. It can also strengthen your back. This is called 'dynamic sitting'.

To begin

- It is best to have balls with feet. They are easier to carry and they stay in place when the student stands up. Sizes vary depending on the height of the children. Shorter children will need smaller balls. Generally, a good sizing guideline is 14"–18" for preschool use, 18"–22" for K–1st grade, and 22"–26" for 2nd grade and up.
- Show children the ball chair and demonstrate how to sit on it properly.
- Give each child a blank sheet with lines and a pencil or marker.
- Have children list on their papers some safety rules for using the ball chair in their classroom.
- Once you are satisfied that everyone is clear on the ball chair rules, it's time to try it out.

Sample ball chair safety rules

OK

- Bounce a little
- Sit for 2 to 3 minutes
- Pass the ball quietly to your neighbor
- Put the ball up and out of the way when not in use

Not OK

- Bounce a lot
- Kick the ball
- Poke the ball
- Throw the ball
- Disturb others

Ball chair instructions

- It is important to keep a 90° angle at the ankles and slightly above a 90° angle at the knees to create a slight anterior pelvic tilt.
- Your feet should be flat on the floor or supported.
- Make sure the desk/tabletop is no higher or lower than about 1" above the bent elbows.
- Stand up slowly, keeping your hand on the ball so its feet stay on the floor.

Supplies needed:

- Balls with feet
- Pumps to inflate and deflate as needed

This information is taken from Diana Henry's *Tool Chest: For Teachers, Parents & Students: A Handbook to Facilitate Self-Regulation*.