



The Ball Chair

Positions
#13
The Ball Chair

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

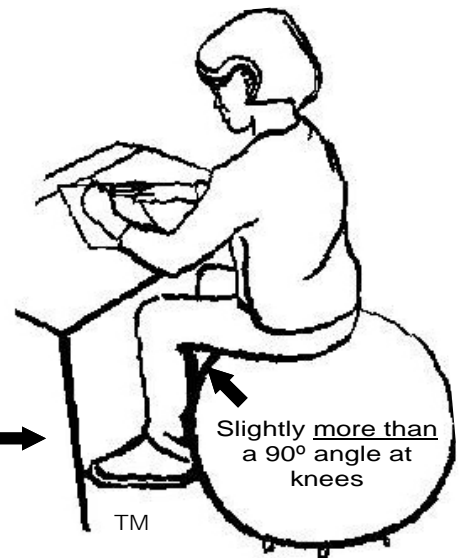
TO BEGIN

- 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 for preschool use 14"-18", K-1st 18"-22", and 2nd grade and up 22"-26".
- 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	
<u>OK</u>	<u>NOT OK</u>
<i>Bounce a little</i>	<i>Bounce a lot</i>
<i>Sit for 2 to 3 minutes</i>	<i>Kick the ball</i>
<i>Pass it quietly to your neighbor</i>	<i>Poke the ball</i>
<i>Put it up and out of the way when not in use</i>	<i>Throw the ball</i>
	<i>Disturb others</i>

THE BALL CHAIR INSTRUCTIONS

- Look at the ball chair illustration. ➡
Notice that 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.
- The feet are flat on the floor or supported.
- 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 the feet stay on the floor.



Supplies needed:

Balls with feet, and pumps to inflate and deflate as needed.