



Yoga Ball as Flexible Seating: A Guide for Safe and Effective Use

Dear Educators,

Kindly read this guide before integrating the yoga balls into your classrooms. When introducing a student who has never used the yoga ball, please have supervised use of the ball by the student for 3-5 days (during recess/lunch/after school) before allowing the student to use it as a flexible seating option.

Thank you for the incredible work you do. Please feel free to contact me if you have any questions or need further support for integration.

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Introduction and Assessment:

- **Purpose:** Clearly define the purpose of using the yoga balls as flexible seating and communicate this accommodation to all students and parents. Ensure it is understood that the ball is a tool for use by named student(s) and not a toy
- **Student Assessment:**
 - **Individual Needs:** Consider individual student sensory needs
 - **Introduction and Training:** Before allowing independent use, provide explicit instruction and supervised practice on the proper and safe use of the yoga balls. This should include:



- How to sit correctly.
- How to get on and off the ball safely.
- Understanding appropriate and inappropriate movements.
- Rules for using the ball in the classroom.

II. Selecting and Maintaining Yoga Balls:

- **Appropriate Size:** Ensure each student has a ball of the correct size. Students should be able to sit with their feet flat on the floor, knees bent at a 90-degree angle, and thighs parallel to the floor. Consult sizing charts based on student height.
- **Inflation:** Maintain the correct inflation level so that balls are firm with a little give when pressed. Under-inflated balls can be unstable, while over-inflated balls can be too bouncy. Periodically check and adjust the inflation.
- **Storage:** Establish a designated and safe storage area for the stability balls when not in use. This will prevent tripping hazards and damage to the balls.

III. Classroom Setup and Usage Rules:

- **Adequate Space:** Ensure there is enough clear space around each student using a ball to prevent collisions and allow for safe movement. Adjust the classroom layout if necessary.
- **Clear Pathways:** Maintain clear pathways throughout the classroom to avoid tripping hazards caused by rolling balls.
- **Designated Areas:** Consider designating specific areas of the classroom where balls are permitted.
- **Supervision:** Actively supervise students while they are using the yoga balls. Be vigilant for unsafe behaviors.
- **Appropriate Use:** Emphasize that the balls are for sitting and gentle movement, not for throwing, kicking, or rolling around the classroom.



- **Controlled Movement:** Instruct students to maintain controlled and mindful movements while seated on the ball.
- **Transition Procedures:** Teach students safe procedures for getting on and off the balls, especially during transitions between activities.
- **Time Limits:** Consider implementing time limits for using stability balls, especially initially, to allow students to adjust. Rotate seating options to provide variety.
- **Alternative Seating:** Always provide alternative traditional seating options for times when the ball is not appropriate for a specific task.

IV. Ongoing Monitoring and Review:

- **Observe and Provide Feedback:** Regularly observe students' posture and use of the yoga balls. Provide constructive feedback and reinforce safe practices.
- **Address Misuse Promptly:** Immediately address any instances of misuse or unsafe behavior. Remind students of the rules.
- **Regular Review:** Periodically review the effectiveness and safety of using the balls as flexible seating.

V. Teacher Responsibilities:

- **Model Safe Behavior:** Demonstrate the proper and safe use of the balls.
- **Enforce Rules Consistently:** Ensure that all students follow the established safety guidelines.
- **Intervene When Necessary:** Do not hesitate to intervene if a student is using the yoga ball unsafely or posing a risk to themselves or others.



Benefits (when used correctly):

- Improved Posture: Encourages active sitting and core muscle engagement.
- Increased Focus: Gentle movement can help some students stay more alert and focused.
- Sensory Input: A yoga ball provided vestibular (movement) and proprioceptive (deep pressure) input
- Energy Release: Allows for subtle movements that can help restless students.
- Alternative Seating Options: Provides variety and caters to different learning styles and needs.
- Emotional Regulation

YouTube links for visuals on how to use:

1. [How to sit on a yoga ball for the classroom](#)
2. [1st grade class uses yoga ball in classroom](#) Bounce Break Strategy
3. [Safety Rules Yoga ball in the classroom](#)
4. [Occupational Therapy in the classroom for \(Sped calming technique\)](#)
5. For Sped classrooms there are many more therapy techniques that can be integrated with full tutorials on youtube.

By implementing these safety guidelines, educators can create a more dynamic and engaging learning environment while minimizing the risk of accidents and ensuring the well-being of their students. Remember that ongoing observation, clear communication, and consistent enforcement of rules are essential for the successful and safe use of yoga balls as flexible seating in the classroom.