



MICHAEL & SUSAN DELL
COMMUNITY COLLABORATIVE
for CHILD HEALTH

Blanton Elementary



Project Leaders

Classroom Stability Balls

- Piloted the replacement of classroom chairs with stability balls as an initiative of their S.W.A.T. (Student Wellness Action Team).
- Research suggests that movement and activity stimulate and affect brain activity.
- The project was piloted by 2 teachers (P.E. teacher Charles Powitzky and 3rd grade teacher Ms. Trevino).
- Ms. Trevino's 3rd grade classroom received 20 stability balls.



Focus

Project Goals

1. Pilot stability balls as a replacement for classroom chairs in a classroom with high levels of hyperactive or disruptive students.
2. Evaluate how increased muscle use and activity impacts student behavior.
3. Evaluate how stability ball use affects student concentration during testing periods and overall grades.

Lessons Learned

1. Students had a noticeably increased ability to concentrate and endure testing periods.
2. Focus time lasts longer with the students when they sit on the balls.
3. Hyperactive students exhibit calmer behavior after introduction of the balls.
4. The balls are useful for positive reinforcement of good behavior – the students don't want to go back to regular chairs!



Productivity



Concentration

Key Takeaways

1. Stability balls were successful in increasing student focus.
2. Hyperactive students seem to be calmer than with traditional chairs.
3. Students liked the new seating arrangements.
4. Stability balls can be a reward for students.



Calm Classroom



Excited Students

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