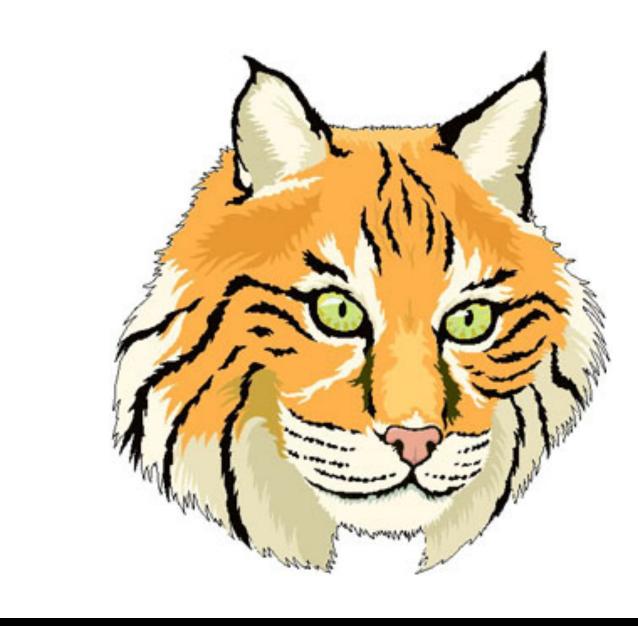


# Blanton Elementary





### 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 3<sup>rd</sup> grade teacher Ms. Trevino).
- Ms. Trevino's 3<sup>rd</sup> grade classroom received 20 stability balls.



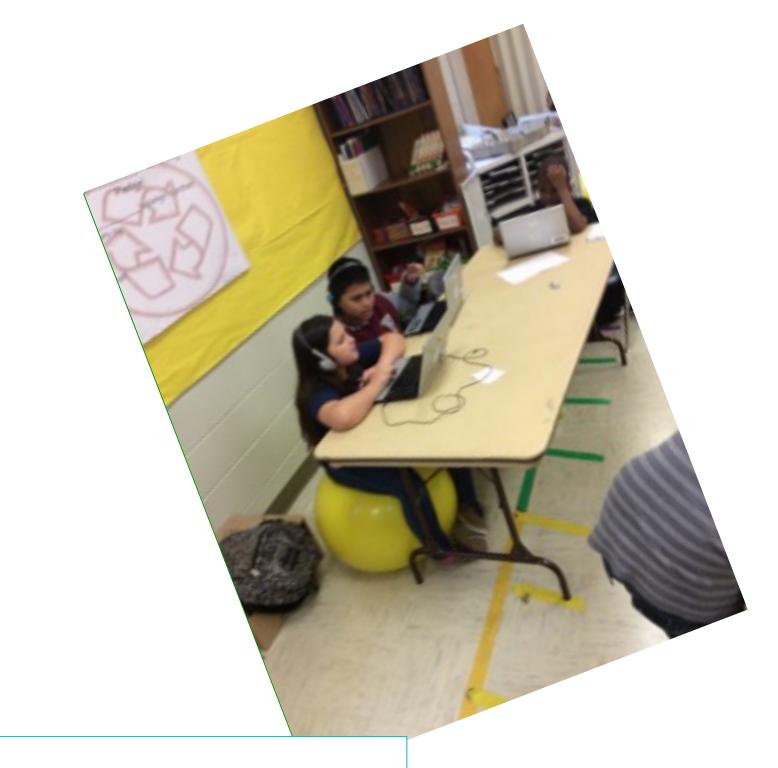
- 1. Pilot stability balls as a replacement for classroom chairs in a classroom with high levels of hyperactive or disruptive students.
- 2. Evaluate how increased muscle use and activity impacts student behavior.
- Evaluate how stability ball use affects student concentration during testing periods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

## 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.



Focus



Productivity



**Excited Students** 



Concentration

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