

# Regulating Activities: Using a Gym Ball

**Before using a gym ball, make sure that it is fully inflated.**

**Gym balls come in various sizes; make sure you choose a ball that is the right size for you and the activity you are doing. This is especially important if you are sitting on the gym ball; you need to make sure you can sit comfortably, with your knees bent and feet flat on the floor.**

## Wall Pushes

Sit on the floor, close to a wall; facing away from the wall, with your knees slightly bent and feet flat on the floor. Place the gym ball between your back and the wall.

Push your back / bottom into the gym ball, squashing it firmly to the wall.

Push against the gym ball for around 10 seconds; rest for a few seconds, then repeat x 1



## Superhero Rocks

Lie on your front over a gym ball, with your tummy resting on the ball.

Carefully rock your body forwards, and place your hands flat on the floor in front of you, resting your weight through your arms.

Then rock back on the ball, placing your feet on the floor, (lifting your arms off the floor). Push yourself back to your hands.

Continue rocking backwards and forwards for a few minutes.

If you do not feel stable on the ball, an adult can place their hands on your back / trunk to support you.



## Starfish

Arch backwards over the ball with your feet flat on the floor. Allow your arms to relax out to the sides. Make sure you are in a comfortable position, where you can relax for a minute or two. (Do not continue holding this pose if you feel dizzy or light-headed).

An adult may need to support the ball to stop it from rolling.

When finished, sit up **slowly** and **carefully**, with adult support.



## Steam Rollers

The student lies on their front, with their arms out to the side.

The adult slowly rolls the ball up and down the body, arms and legs; (avoid the head). Press down firmly on the ball. Allow the student to guide you on how much pressure they want.

Do this for a few minutes.



## Seat

Use the gym ball as a seat, instead of a regular chair. The extra movement can help with regulation.

Note: this may not be suitable for some students during handwriting tasks, if they need more postural support.

