



Gym Ball

When/Why would you use the Gym Ball?

- To give calming, rhythmic movement when the pupil is anxious or to help them be more alert
- To increase body awareness
- To develop upper body strength
- To promote balance reactions
- To have fun!
- Use ball to roll over the pupil at the end, to help them cool down



Activities

- Pat the ball with hands
- Kick the ball with feet
- Knee bounce. For younger pupils. (Pupil kneels on ball whilst adult supports pupil at their hips)
- Relax and rock on Ball (lie on ball on stomach, head down, adult gently rocks/bounces)
- Roll forwards over the ball (encourage pupil to put hands out)
- Roll backwards over the ball (Arms in the air and allowing pupil to roll backwards)
- Roll ball over pupil (Pupil lies on mat/soft surface and adult rolls the ball over them, giving deep pressure touch)

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