

## **BODY BALL - 22”**

Item # 2677



The Body Ball is great for providing vestibular and calming activity. Students enjoy rocking on their stomachs or sitting on the ball while gently bouncing.

- Place ball in close proximity to activity areas as a calming station for students who overstimulate. Allow them to take breaks, rocking back and forth on their stomachs. Encourage them to use their hands and feet to push off the floor.
- The Body Ball also makes a great “wait station” for students to remain active as they wait their turns for activity. The gentle bouncing allows for proprioceptive input, and balancing on the ball helps to develop core stability.
- Encourage interaction with others by rolling the ball back and forth with a partner or in a group. The large size of the ball allows for ease of catching, kicking or throwing.
- Roll the ball on the floor using both hands, following a line through cones or other obstacles. This develops tracking and encourages bilateral hand activity.

***Beth Gardiner** brings an impressive array of experience and professional affiliations in the gymnastics world, spanning three decades. As owner of Heart of Texas Gymnastics Beth specializes in preschool gymnastics, recreational, compulsory team and special needs gymnastics. Her child-first philosophy and skill-based curriculum have proven effective in building dynamic and highly successful gymnastics programs. Through these, and as a volunteer with Special Olympics and other private organizations, she regularly works with children and adults who have disabilities, researching ways to serve the special needs population in the gym environment. Beth has also served as a USA Gymnastics National Instructor since 1997 and is a 1983 graduate of Texas A&M University.*