

# Choosing the Right Alternative Seating Option

## Seating Option

## Description

## Benefits

### Therapy Ball/ Exercise Ball

Large inflatable ball for the child to use instead of a traditional chair

Allows the child to roll side to side or front to back

Allows the child to bounce

Promotes core strength, balance, and functional posture

Provides vestibular stimulation through bouncing and rolling for students who need to move to stay alert

### Rocker Chair (Zuma)

Looks like a regular classroom chair but instead of legs, the base of the chair is like a rocking chair

Provides a subtle rocking motion while sitting

Provides vestibular stimulation through rocking that can be alerting for some students and calming for others

May be beneficial for students who tip backward in their seats.

### Wobble Seat (Kore)

A round stool seat with a curved circular base

Allows subtle rocking and wiggling motion

Promotes core strength, balance, and functional posture

Provides vestibular stimulation through rocking and wiggling for children who need to move to stay alert

### T-Stool (Fun and Function)

Flat seating surface with only one leg that rests on the floor

Requires student to find their center of gravity to keep the stool upright

Allows the child to rock slightly in all directions

Promotes core strength, balance, functional posture, and coordination

Promotes focus, alertness, and attention for students who need more movement