



Finch: Exercise Balls as Chairs

In our class, I would like to offer your child the opportunity to sit on an exercise ball rather than a chair while working at their desk. Typically, we start using the exercise balls in October sometime.

These large balls are a great tool for strengthening our bodies, improving our penmanship, and activating our minds. Research shows that the use of exercise balls can help some students increase their attention span and concentration. The balls also allow for students to get the additional movement that their bodies need. Sitting on an exercise ball improves core muscle strength and thus improves balance and coordination.

I will teach, model, and practice appropriate and safe ways to use the exercise balls. Students will be able to choose on a daily basis if they would prefer to use a ball or a traditional desk chair. If students are struggling to use the ball appropriately, they will be asked to use a chair.

I am excited at this opportunity to further meet the needs of all students in our classroom. Please give your child permission to use this ball within our classroom and return this permission slip.

Thank you for your support!

Amy Finch

Date _____

My child, _____, has permission to sit on the exercise ball at their desk when he/she wants to.

Parent Signature _____