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## Students Learn on Stability Balls, Not Chairs

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LEE'S SUMMIT, MO.  
 -- Being trapped at your desk for long hours can leave you restless and aching for a better place to sit. Whether it's at work or in the classroom, sitting in some chairs leaves little desire for productivity. But, some students are changing that by getting on the ball.



Stability Balls

Third graders at Highland Park Elementary pushed aside plastic chairs for stability balls. They said it's not just about posture and comfort. It helps them pay attention.

Third grader, Summer Koogler, said, "They keep you more alert and blood goes into your brain."

Colby Huser, also in third grade, agreed, "It helps me learn better and stuff because you can pay attention more. You don't have to get up and move. You can just move a little bit and get back on track."

Third grade teacher, Sue Selby, said she heard another school had ditched the chairs so she decided to take the ball and run with it. With a little research, help from parents and training, every student has their own ball.

"When they need some movement, they get to bounce a little bit or they can roll from side to side. They're not bothering anyone in the classroom. And, it lets them as 8-9-year-olds get that movement and then move on to what they're doing in the classroom," said Selby.

When it comes to using a stability ball, one size doesn't fit all.

"When you have a seat, you should be 90 degrees at your hip joint and your knee joint when you sit down flatfooted," said Lisa Looy at Woodside Health Club.

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