

Yoga/Balance/Exercise Balls- Students have the option of using a Yoga/Balance Ball in place of their desk chair. This is a privilege that can be taken away if problems arise. A Yoga/Balance Ball Contract must be signed by the student and parent/guardian in order for them to have this privilege. Rule infractions will result in a very poor conduct grade and the loss of this seating privilege. Studies show that using a balance ball in place of a desk chair has many benefits including a higher level attention span, improved posture and muscle tone, and ability to focus. Please discuss the rules with your child and consider this option.

Yoga/Balance Ball Selection-

Student height & weight

Average-Small 55cm ball

Average-Large 65cm ball