

### What is a wobble stool?

- A wobble stool is a type of active seat with a curved base.
- It allows subtle rocking and sometimes rotating motion while seated.



### What student would benefit from using a wobble stool?

- Students who are active and have difficulty sitting still (e.g. frequently moving, getting up, rocking in their chairs, fidgeting)
- Students who have poor, slouched posture when sitting due to decreased core strength or low/high energy

### What are the benefits of using a wobble stool?

- Promotes core strength and improves posture
- May help students to sit and attend for longer periods
- Reduces restlessness and helps regulate attention

### Why do wobble stools work?

- The movements experienced when sitting on a wobble stool provide the body with sensory input that may be organizing to the nervous system.
- Exposure to subtle movements of the wobble stool can help students build core strength by having to hold themselves upright on an unstable surface.
- They provide movement so the student might not get in and out of their seat as often and can focus more on the lesson or activity.

### How and when can wobble stools be used?

- Sitting on a wobble stool may be helpful during times that increased attention is required (e.g. during lessons, when reading, or during class discussions).
- Students should still have access to a regular, stationary chair and should always lead the decision when choosing between a wobble stool and a stationary chair.
- Some activities may require a more stable seat (e.g. cutting, eating).
- Slouching on the stool is a sign of fatigue and the student should move to a regular classroom chair.



### Other tips:

- Establish consistent rules that the student and teacher can agree on (e.g. feet must stay on the floor, the stool is a tool for sitting only).
- Discontinue use if the stool is being used unsafely or inappropriately.

### Where can you buy wobble stools?

- There are several Canadian companies that sell wobble stools.
- Ask your Occupational Therapist for details or to try one out.
- Check for resources available within your school.