

Gravesham Early Years Specialist
Teaching & Learning Service

Peanut Ball



Early Years Specialist Teachers
Ifield Smile - Specialist Teaching and
Learning Service
Cedar Federation
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Activities

- Prone Walk Outs: Have the child lay on their stomach over the peanut ball and plant their hands on the floor in front of the ball. Place toys or something of interest a few feet out in front of the ball.
- Assist the child (as needed) on maintaining balance on the ball and walk their hands forward while rolling over the ball to retrieve the objects you set out. It is similar to wheelbarrow walking with less strain on your back.
- Have the child lay on their stomach on a mat and roll the ball over their back.
- Rolling forward the stomach and weight-bearing on the arms.
- Laying on the back and reaching behind their head while turning their head upside down (vestibular input).
- Cross midline by having two children sit on the ball, back to back, and pass a small round ball back and forth to each other (side to side and above their heads).
- Rolling the ball up the wall.



Benefits

The benefits of ball therapy are widely acknowledged for children and adults with a range of abilities.

Balls are used for balance and co-ordination training, strengthening, gross motor and proprioceptive activities. Balls are commonly used for:

- Improving dynamic balance by sitting or lying on top of the ball.
- Activities to facilitate movement and general gross motor coordination.
- Exercises to increase core strength by working on the abdomen and back control.
- Sensory activities such as applying deep pressure with the ball to calm.
- Gradual introduction of increased weight bearing activities to improve muscle tone and strength
- Games and fun activities to improve cognitive skills and encourage cooperation

Useful Links

[Movement Therapy using a Peanut Ball for improving the Prone and Supine Positions - YouTube](https://www.youtube.com/watch?v=qPrIsz2X144)
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