



Intervention:

Move and Sit Cushion, Disc 'O' cushion



Description: Various cushions (either slanted or round shaped) that are filled with air, usually one side is bumpy and the other side is smooth.

When and why would you use this intervention? This intervention would be used for children who have a low attention span, ADHD, are under-aroused, or just plain fidgety. It provides ongoing vestibular input in a non-disruptive manner for the classroom. The cushion can improve upright posture, activate trunk muscles, and reduce back strain from prolonged sitting.

How do you use this intervention? Place the cushion of choice on the chair of the identified child. The child can sit on the cushion throughout the class or for periods of time. The child should be allowed to move on the cushion at will because the movement should not be extreme, distracting or noisy.

Expected outcome: Move and Sit cushions or disc 'O' cushions can increase arousal, attention, and alertness. They can decrease problem behaviors and slouching posture.

Anticipated problems: The child may become focused on the sensation he/she receives from moving around on the cushion, resulting in decreased focus on the classroom instruction.