



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.

