

SEATING DISC BALANCE CUSHION

Item # 38851

The Seating Disc Balance Cushion allows students to utilize excess energy while developing their core stability. The textured surface provides additional tactile benefit.

- Place the Seating Disc Balance Cushion in areas students must wait for turns. The disc keeps them actively engaged as they develop their core stability.
- Students who are uncomfortable in groups are sometimes more comfortable if they have “their spot.” Allow students to carry their Seating Disc Balance Cushion with them from one activity area to another. This provides them their own place. If the student becomes overstimulated, allow them to return to their seating disc as a calming station.



***Beth Gardiner** brings an impressive array of experience and professional affiliations in the gymnastics world, spanning three decades. As owner of Heart of Texas Gymnastics Beth specializes in preschool gymnastics, recreational, compulsory team and special needs gymnastics. Her child-first philosophy and skill-based curriculum have proven effective in building dynamic and highly successful gymnastics programs. Through these, and as a volunteer with Special Olympics and other private organizations, she regularly works with children and adults who have disabilities, researching ways to serve the special needs population in the gym environment. Beth has also served as a USA Gymnastics National Instructor since 1997 and is a 1983 graduate of Texas A&M University.*