

# Yoga/Balance Ball Contract

1. You may purchase your own ball. You can purchase a Yoga/Balance Ball at Walmart, any sporting goods store, or department store that has a sporting goods section. They can also be found on Amazon or EBay. Prices vary, but are typically around \$8-\$12. I do not have any at this time to loan out. A 55cm for smaller students and a 65 cm for larger students works well.
2. Balance balls must be delivered to the school by an adult if it is already inflated. You may not transport an inflated ball on the bus! You can however, transport the ball on the bus and then use an air pump in the classroom to blow it up.
3. The balance ball is to be treated the same as a regular chair. It is **NOT A TOY!** At no time should you bounce it, kick it, or throw it!
4. Do not bounce excessively on the ball! It is not a trampoline!
5. You must always push the ball in under your desk when you are not sitting on it. The balance ball cannot be used anywhere else in the classroom or school other than at your desk.
6. As with all property in the school, if it's not yours - **Don't Touch It!**
7. Using a Yoga/Balance ball in place of a chair is a privilege that will be taken away if the rules are not followed!

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_