

BalanceBagel™ Activity Guide

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Introduction

Congratulations on your purchase of the BalanceBagel — another Abilitations Creation! The BalanceBagel is a lightweight positioning device and a balance ring.

Suggested Uses

The BalanceBagel is perfect for fine-tune positioning needs of toddlers and young children. Here are a few examples:

- Use as a floor cushion during circle time. Young children find this a comfortable seat, as their bottoms fit comfortably and the BalanceBagel allows slight movement, because of a cushion of air.
- Use as a positioning device for children with motor impairments. Place the BalanceBagel between their knees and thighs during side-lying, over the child's buttocks, or under the knees when supine to relieve lower-back pressure.
- Fidgety children find the BalanceBagel helpful as a chair seat cushion as the textured air cushion provides just the right amount of sensory and movement input. It may also be used as a lower-back support.

The BalanceBagel serves as a great balance and core-stability tool. Here are some exercises to get you started:

- Let's play Life Preserver! Toss the children a BalanceBagel and have them stand on the edges of the cushion and balance. Adjusting the air in the cushion changes the difficulty: less air for children who need more stability in balance, and more air for those who need a greater challenge. "Watch out! Here come the waves and the sharks! Can you stand on the BalanceBagel until you are rescued?"
- BalanceBagel Tossing Game: Have children stand or "tall kneel" and toss beanbags or beach balls back and forth.
- The BalanceBagel also makes a great "crown" for practicing good posture. Place a cushion on the child's head, wrap a blanket or scarf around them for a cape, and practice walking regally like a king or queen! Don't let your crown fall off!



Care & Safety

The BalanceBagel is made of PVC plastic that is latex free. Adjust the amount of air inside the cushion with a manual or electric pump. There is one textured side and one smooth side for varying levels of sensory input. The outside diameter is 13" while the inside hole diameter is 4". To clean, wipe the BalanceBagel with a mild soap and water solution, or a germicidal wipe. Always supervise children who use the BalanceBagel for standing activities. *Enjoy your BalanceBagel!*