



# Wiggle Seats



## Are good for:

- Increasing alertness
- Increasing seat time
- Core muscles and posture
- Kids who need to move

## Are Not Good for:

- Fine motor tasks
- Low tone kids
- Sitting on the floor
- Use with weighted supports

To ensure that wiggle seats are beneficial, it's important to assess a student's needs and preferences. Observe their behavior both on and off task before and after introducing the seat to gauge its effectiveness. Before and after use, consider interviewing the student for feedback regarding the helpfulness of the seat. To monitor its usage and effectiveness, it's recommended to assign someone to observe on a daily basis.