



# Cue Card for Balance Seat

Tell the students:

This is called a balance seat. It is going to give you the sensation of what it's like for people that have balance issues due to illnesses such as Vertigo and Inner Ear Infections. These people feel dizzy all the time and it makes it very difficult to concentrate on even simple tasks. When the brain is focusing on having the body stay upright and not fall over, it has difficulty doing other things - like math!

## Activity:

- Have two children sit in the balance seats (facing you).
- Make sure their knees and feet are firmly together.
- Now walk back and forth in front of them and play teacher. Or assign students to do this.
- Ask them questions like:
  - à What's 6x5? 8x9?
  - à What's your address?
  - à Who is the Vice President?
  - à How do you say school in Spanish? (escuela)
- If they are concentrating on the answers, their legs are going to come apart in order to maintain balance. This is the body compensating for the brain. Make them put their feet and knees back together.
- If they aren't swaying- give them a gentle nudge. You want them to get the sensation of being unbalanced.
- Ask them how well they might do on an Xbox or Playstation if they felt unbalanced all the time. They should all agree - not very well!
- Now have 2 new kids sit on the seats and repeat the activity. (But ask different questions so they don't know what to expect!)
  - à What is today's date?
  - à What did you eat for breakfast?
  - à How do you spell balance or dizzy?
  - à What is Superman's name as a reporter? (Clark Kent)

\* You can also mention that this is very indicative of what it's like for kids with ADD. Their brains have trouble focusing on more than one thing at a time - just like these kids are experiencing in the balance seat.