

ball pits

we use two different types of ball pits in our classes, inflatable ones and fabric ones which collapse into a small bag. Both are easy to store and transport between venues. We use them with one layer of balls in the ball pit so that our little ones are still getting lots of information from the floor about where their body is in space which helps them regulate and calm. Little ones can often feel stressed when they are 'suspended' in balls and don't have a base of support as the signals firing from their muscles and joints are giving them different information from when they are sitting and it is a light stimulating touch rather than a calming one from the stable surface of the floor. We place the pits on mats as they don't contain bottoms in them and we love filling them with different textures depending on our theme. We also have some inflatables that we use as ball pits that match our themes

