



# Yuck-E-Medicine Balls

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## Introduction

These highly tactile balls are filled with a gel-like fluid and smaller balls that roll around when manipulated. Their texture and weight make them ideal to meet sensory needs for touch and heavy work input.

## Recommended Activities

**Squishing:** Yuck-E-Medicine Balls are wonderful as two hand fidgets. Perfect for bilateral motor coordination or getting the two sides of the body to work together. Holding the ball at the midline can help center the user's vision and hearing modes for better learning, reducing inappropriate movements or keeping busy hands occupied.



**Sitting:** Students with attention, learning and/or sensory problems sometimes have trouble sitting still. These balls can be used as a seat cushion in a chair or on the floor during circle or story time. They help provide the gentle movement and tactile input some children need without disrupting the class.

**Catching:** The weight and texture of these balls make them easier to track and catch, as they are slower than a normal ball. Children love the extra heavy work input they get when the ball is caught against the chest or plopped in a lap.



**Stacking:** Children with autism and other sensory processing problems often need extra input to the muscles and joints to help them stay calm and feel comfortable. Stacking all six balls can be a great heavy work activity to give just the right amount of proprioceptive input.

**Rolling:** Yuck-E-Medicine Balls are perfect for those children with sensory defensiveness or just wiggly or tired feet. Place a ball under one foot and roll it back and forth. This activity provides soothing deep pressure and tactile input to the sole of the foot.

**Balancing:** These balls make beautiful balancers! Place one ball on a child's head and see if he/she can keep it balanced while standing or walking. Place a ball on an extended arm or leg for individual strength and balance.

## Care & Safety

Yuck-E-Medicine Balls are made of a pliable polymer shell filled with large PVC balls, floating in a non-toxic gel. To clean; use a germicide wipe or clean with mild soap or a gentle bleach/water solution (1 part bleach to 10 parts water).

Not recommended for the mouth and can be a choking hazard.

Recommended for ages 4 and up.

Latex free.

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