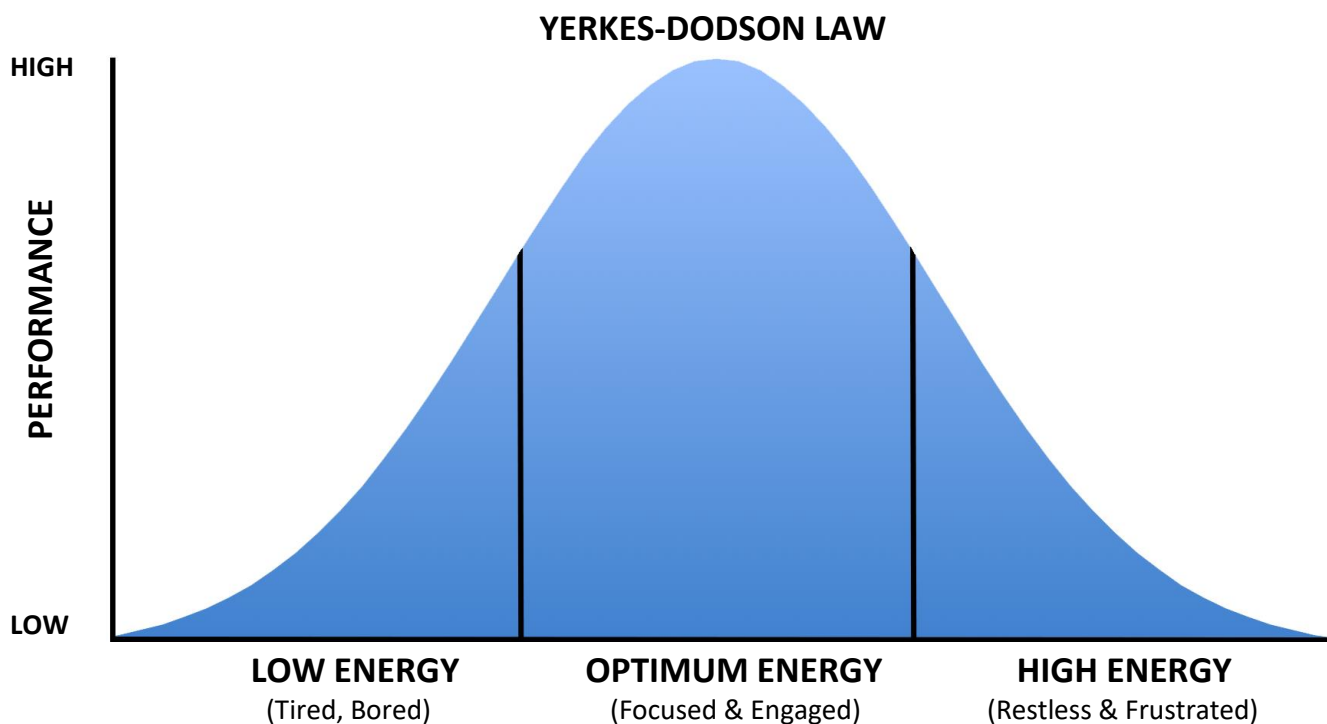


What is the science behind Bouncy Bands? How do they work?

The **Yerkes-Dodson Law** has been validated many times since it was first founded in 1908 to confirm that optimum performance is achieved when people have a medium energy level.

When children are **over**-stimulated by being anxious, restless, or frustrated, they tend to have lower performance. Bouncing their feet on Bouncy Bands helps them calm down by releasing their extra energy, anxiety, or stress so they can relax and work quietly.

Similarly, when children are **under**-stimulated by being tired, bored, or disinterested, they also tend to have lower performance. Even with their shoes on, students can stimulate the nerve endings on the bottom of their feet when they bounce on the Bouncy Bands. This movement can create the momentum needed to start their work and improve their performance.



Additional research:



In 2017, a research team at Clemson University published their results exploring the effects of students using Bouncy Bands. Their results showed that students using Bouncy Bands stayed on task 9.95% longer than students who did not use them. This averages to an extra 35 minutes of time on task each day learning instead of being off task and possibly distracting others. Additional research is being conducted to explore further effects.

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