

Keeping active at home – Social/ Language Partners

Exercise is good for all of us, but it's particularly important for children with Autism as it can support their emotional regulation, as well as help to keep them fit and healthy.

Keep moving *If your child can copy some simple actions, there are lots of activities on YouTube you could do as a family. If they're not able to copy all the actions, just choose their favourite songs and let them be the instructor and you copy their moves!*

- **Go Noodle** has lots of dance routines to popular songs including Frozen 2's 'Make your move' <https://www.youtube.com/user/GoNoodleGames/videos>



- Kids workout https://www.youtube.com/watch?v=L_A_HjHZxfI
- Cosmic Yoga <https://www.youtube.com/user/CosmicKidsYoga/videos>



Motor activities *Try these simple activities to break up your child's day. Model them first so they know what to do.*

Squashes with sofa pillows/cushions



Make your own bean bags out of sock and pulses <https://www.youtube.com/watch?v=Jcgy9EFY3vU> and throw them into buckets/hula hoops



Spinning on their bottoms (3 times in each direction) like a spinning top!



Punching a pillow



Bowling with plastic bottles or cups



Running and chasing games are always fun!

Animals walks (See Page 3 for examples)! Here's a video explaining more....

<https://www.youtube.com/watch?v=vS6bvFrtpdY>



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Equipment *Here are some ideas of equipment that may be helpful. Speak to your LCIS team member, OT and school about what your child may benefit from.*

Trampette



Gym ball or space hopper



Exercise bands



Pop-up play tunnel



Going outside *The government advises us all to look after our physical and mental wellbeing during this time, and therefore allows for daily exercise outside of the house. Here are some suggestions for supporting your child outside:*

- Try going out for a walk early in morning or after dinner when its quieter
- Go on a bike or scooter
- After being outside, use visual materials (e.g. sequencing pictures) to support your child to wash their hands correctly .



Helpful link for further information and guidance:

<https://www.nhsggc.org.uk/kids/healthcare-professionals/paediatric-occupational-therapy/rainbow-gym-during-covid-19/>

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Animal walks – model the action first so your child knows what to do!

Animal Walks



Frog Jump

Key Points

- Squat down like a frog
- Jump as high as you can
- Repeat this across the room



Bear Walk

Key Points

- Extend legs straight
- Head down



Crab Walk

Key Points

- Bottom up for level stomach as the child is able
- Feet under knees



Caterpillar Crawl

Key Points

- Start in downward dog
- Walk hands out to plank
- Walk feet up to downward dog



Kangaroo Jump

Key Points

- Feet together
- Hands to chest
- Small jumps with both feet
- Jumps with hands stationary