

Keeping active at home – Conversational Partners

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

Keep moving Online- There are lots of activities on YouTube you could do as a family.

<https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw>



www.youtube.com/watch?v=4hdR8Mlib3M



www.youtube.com/user/CosmicKidsYoga

Take a break – Physical breaks are important to help your child re-focus and regulate their emotions.



Draw out an obstacle course in chalk on the path. Your child may help with ideas:

- hopping on numbers
- star jumps,
- walk sideways
- spin
- jump through the alphabet
- Rech and touch your toes.



Put on favourite songs – Dance and shake it out!



Throw a ball/beanbag into a basket. Make it harder by standing on one leg!



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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Go outside - Government guidance 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 it is quieter.
- Learn about social distancing by watching this video before going on a walk 'greet from 6 feet' <https://youtu.be/OMg6t-z8KEI>
- Go outside on a scooter or bike.



Calm Down– Keep a balance of high energy and calming activities.



Tense and release each hand.



Draw or colour.



Create a quiet space in the house, where your child can take a break! They might want it to be dark, listen to calming music or wrap up in a blanket.

Some strategies will work for your child, and others may not be as successful. Speak to your school, LCIS team and OT about what your child may benefit from.

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Homemade Beanbag

For activities that require beanbags why not try making your own homemade beanbag.



See the video below for how to make your own sock beanbag <https://youtu.be/Jcgy9EFY3vU>

Note: In the video children's socks sized 9-12 are used, but any regular socks can be used. It will just change the size of the bean bags slightly.

Materials: Sock & Beans/Lentils/Rice/Barley

How to make:

1. Turn sock inside out.
2. Tie a knot just below the heel line.
3. Turn sock back the right side showing.
4. Fill the sock with beans, lentils, rice or barley.
5. Leave enough room at the top to tie a tight knot and it's finished.

Tip: Tighten the topknot every now and again, and for a safe guard, also use a hair band under the knot for a double fastening.