



A. HARRY MOORE SCHOOL

AUTISM

Created by AHM Physical Therapists

Autism and Physical Therapy

Physical Therapists help people with ASD develop movement skills to promote physical activity and improve their physical and mental well being. Delays in movement skills can make it harder throughout life for people with ASD to:

- Perform everyday activities
- Play with peers
- Engage in physical activity

Physical therapists can recommend activities for both home and school to provide both gross motor and sensory input. Many of these things can be adapted to a small sensory area at home or school.

- **Ball chairs or exercise balls** - these provide proprioceptive input to all the joints, as well as working on balance and coordination
- **Whole class/family movement breaks** - These are great for all children! Movement breaks should be incorporated throughout the day. Youtube has many kid friendly videos to encourage movement. *Go Noodle*, *Jack Hartman*, *Would You Rather workouts*, are just a few suggestions to check out. Put on your favorite song and dance before getting back to work!
 - [▶ Melting Exercise - Learn To Destress | Guided Meditation For Kids | Br...](#)
 - [▶ I'm Just Like You | Autism Awareness Song | Jack Hartmann | World ...](#)
- This provides **vestibular input**. **Rocking** tends to be very calming.
- **Bean bags** - These are great for many types of movement breaks. Throwing into a bucket and picking them back up works on many gross motor skills. Balancing them on different body parts works on joint awareness, and proprioception. Catching and throwing develop coordination.

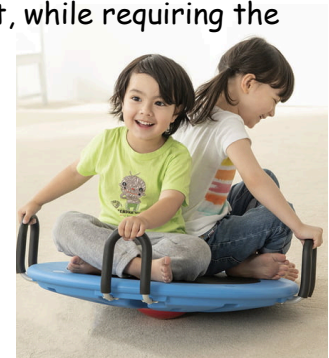




- **Trampoline-** There are many smaller trampolines that might work in a small space. This provides great vestibular input.



- **Balance board or wiggle disk-** Provides a lot of sensory input, while requiring the child to use their whole body to keep their balance.



- **Theraband or exercise tubing-** The child can perform many different exercises for both arms and legs using Theraband to provide the resistance. Tie a piece of Theraband or tubing around the chair legs to allow the child a way to have added resistance and input while seated.



Most of these activities require little space and only a small amount of equipment. Allowing your child to have some movement throughout the day, will allow them to better focus and attend, as well as add some needed physical input throughout the day.