

At Home Movement Resources During School Closure

- Yoga
 - Chair Yoga: practice yoga poses to stretch their bodies after sitting for a long period of time
 - <https://www.kidsyogastories.com/chair-yoga-poses/>
 - Sun Salutations and Yoga with Animals
 - <https://www.youtube.com/watch?v=8oGR5xuctI>
- Movement Videos and Brain Breaks
 - Go Noodle:
 - Gets kids up and moving to fun, engaging content and games. Every dance party, yoga session, mindfulness activity, and game session is an opportunity for kids to wake up their bodies and engage their minds
 - <https://www.gonoodle.com/>
 - YouTube
 - Action Songs for Kids: works on actions such as clap, stomp, jump, dance and shake
 - <https://www.youtube.com/watch?v=dUXk8Nc5qQ8>
 - Walking, Walking, Hop, Hop, Hop Song
 - <https://www.youtube.com/watch?v=r6cJB7k6eEk>
 - Dinosaur Stomp Song
 - <https://www.youtube.com/watch?v=gzesbQaqhCY>
 - Shake your Sillies Out
 - https://www.youtube.com/watch?v=NwT5oX_mqS0
 - YouTube Channels
 - Koo Koo Kangaroo
 - <https://www.youtube.com/user/kookookangaroo>
 - The Learning Station: Move and Freeze Songs Playlist
 - https://www.youtube.com/playlist?list=PLh-1JU15_Ti5ymhgXVv3OiyYv7DUCVHIJ
- Indoor Activities
 - Indoor games for kids using household items to help structure down time
 - <https://kidsactivitiesblog.com/50578/stuck-inside-games/>
 - Energy busting indoor games and activities for kids
 - <https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/>
- Strength and Balance
 - Strength and balance: 20 fun core exercises for kids
 - <https://www.merakilane.com/strength-balance-20-super-fun-core-exercises-kids/>



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- Parent/Caregiver Resources:
 - What to Do When your Child on the Autism Spectrum's Routine is Disrupted by Covid-19
 - https://themighty.com/2020/03/covid-19-autism-routine-disruption/?utm_source=Autism_Page&utm_medium=Facebook&fbclid=IwAR1gQ_ER9t5LN3Tx3npkiBa-jlkVwTSNzY9ARzOY8sQIKy0fWPErn67VJqE
 - How to Explain a Global Health Crisis to Children with Autism
 - <https://www.psychologytoday.com/us/blog/neuroscience-in-translation/202003/how-explain-global-health-crisis-children-autism>