**Fitness and Whole Body Movement**

When dealing with behavioural challenges or any anxieties your child may be experiencing, it can be very helpful and important to remember to encourage children to move their bodies. It is important that children are active and moving so that they can develop their motor skills, and promote good physical health. The sensory input input will also help your child to regulate their level of arousal so that they are calm and alert, and movement can also support in reducing stress.

**Practical Ideas/Strategies**

* Involve your child in household activities such as housework and gardening
* Any activities that involve pulling, pushing or lifting (pulling a rope to swing themselves (see Proprioception PBS Guide); pushing a wheelbarrow, lifting a full watering can, stacking items) will provide additional proprioceptive input
* Fitness for children should be fun. Try playing games or completing challenges. Some children may benefit from a motivator if the game is more difficult. Examples of games may include, hide and seek, scavenger hunt, building a fort / den, “Simon says” etc.
* Plan an obstacle course/ circuit in your house with stations for different activities (squats, jumping, jogging on the spot)
* Do some yoga (See Yoga PBS Guide)

**Online Resources / Videos**

* Sensory walk in the park (ideas to consider)

[Sensory Walk in the Park](https://www.youtube.com/watch?v=MxB-7wagCS0)

* How physical activity can support children with special education needs and disabilities at home – article with practical ideas and resources

[How physical activity can support children with special educational needs and disabilities at home - BBC Bitesize](https://www.bbc.co.uk/bitesize/articles/z76ny9q)

* PE with Joe Wicks- watch on YouTube as personal trainer Joe leads a PE lesson designed for the home environment

[Activate with Joe | My brand new workout series for kids - YouTube](https://www.youtube.com/playlist?list=PLyCLoPd4VxBs9_9heCE4K0d7pq1ORkjQM)

* Firstcry.com Parenting Website- this website has a long list of activity suggestions presented according to age

<https://parenting.firstcry.com/articles/30-indoor-and-outdoor-physical-activities-for-kids/>

* Go Noodle- app that has a range of physical activity and mindfulness videos for children to follow: [GoNoodle](https://www.gonoodle.com/)
* Little Bins for Little Hands- parenting website which has some ideas for sensory circuits <https://littlebinsforlittlehands.com/gross-motor-sensory-play/>

**Links for Other “How To” Guides / Strategies**

* Sensory Integration PBS Guide:



* Proprioception PBS Guide:



* Play PBS Guide:



* Yoga PBS Guide:

