5 More Things Your PE Student with Autism Wishes You Knew

1. You can give me signals when I need to activate my self-regulation sensory tools. These are quick exercises that will give me some much needed deep touch pressure input to stay calm and focused.

Solutions:

* Stand with feet together and hands together at midline or “prayer pose” Push hands together and hold to count of 3 and release. Repeat.
* If standing, do wall pushups leaning hard with upper body and pressing hands into a wall. Release and repeat.
* If sitting do chair pushups by leaning forward in chair and putting hands under thighs. Lean forward and try to get feet a few inches off floor by pushing up on hands. Release and repeat.
1. I am often very sensitive to smell. So new playground balls, and/or other items PVC items may bother me and cause me to get anxious or aggressive but I may not be able to tell you why.

Solution:

* Open up new equipment and remove plastic wrap a day or two ahead of time to let the new product “breathe” and help dissipate aroma.
	+ Avoid perfumes/men’s cologne, aftershave or other synthetic based fragrance products.
1. I may be awkward and not well coordinated because of motor planning and/or muscle tone issues.

Solutions:

* Be sure to include me in simple 1-2 step tasks so I can build on my success.
* I may be good at team sports statistician activities since math may be one of my strengths and might help me feel more successful.
* Video Modeling is a great way to teach me to learn a new skill if I can watch it first before trying. (such as the [SPARKdance DVD](https://store.schoolspecialty.com/OA_HTML/ibeCCtpItmDspRte.jsp?minisite=10206&item=3438279))
1. I do not always understand the subtleties of verbal and non- verbal communication (social/pragmatic skills).

Solutions:

* Teach me about [idioms](https://store.schoolspecialty.com/OA_HTML/ibeCCtpItmDspRte.jsp?minisite=10206&item=3194938) like we can’t have PE outside today because it is raining like “cats and dogs.” Help me understand that this is not literal but a way to describe that it is raining very hard.
* I often don’t know how far away to stand from someone when I am talking/engaging with them so again using gym tape, [spot markers](https://store.schoolspecialty.com/OA_HTML/ibeCCtpItmDspRte.jsp?minisite=10206&item=87531) and/or hula hoops may be helpful.
1. Group activities may just be too overwhelming for me. If I can pair up with a (patient!) single classmate this can help me learn to model the behaviors/skills I need to learn.

I hope these suggestions help you help me better in your PE Class! Thank you for understanding!