

LET'S EXERCISE



SOCIAL STORY + ACTIVITIES



This unit was created with this guy in mind. He has autism and an intellectual disability. He is a non-reader, and really hates to exercise (I am working on that!). With some support he is able to do this unit, and enjoys the challenge. He is my tester!!

Let's Exercise

Social Story

By
Christa Joy
Special Needs for Special Kids



Christa Joy, Special Needs for Special Kids

Table of Contents

Worksheet pages	Activity
4-7	Exercise circle map
8-10	Exercises that make you stronger
11-15	Exercise Stations
16-20	Interest Inventory
21-22	Terms of Use

In a separate file you will find:

- PowerPoint version of social story (editable)
- Activities in black and white

You can also download this social story as a google slide presentation. You will be prompted to make a copy. This is editable in case you need to adjust to the needs of your students.

[CLICK HERE](#)

Christa Joy, Special Needs for Special Kids

This unit has a story and activities. The activities come in 2 separate files, one in color and one in black and white.



You should stretch before you exercise.

Christa Joy, Special Needs for Special



Make sure you have the right shoes when you exercise.

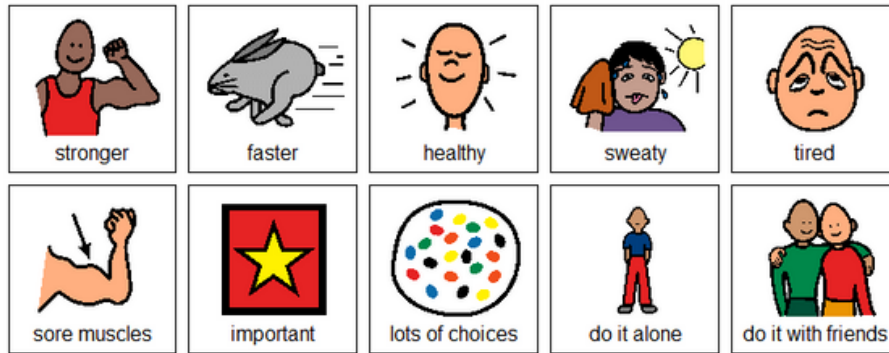
Christa Joy, Special Needs for Special Kids

There is a 17-page book with simple text and engaging photos.

What are some things you know about exercise?

Errorless version

Place some things in the circle true about exercise.



Place the following on the previous page **ONLY IF** they are true about exercise.



ChristaJoy, Special Needs for Special Kids The Picture Communication Syrr
Dynavox. All Rights Reserved Worldwide. Used with permission. Boardma
Dynavox

There are 2 circle maps on exercise.

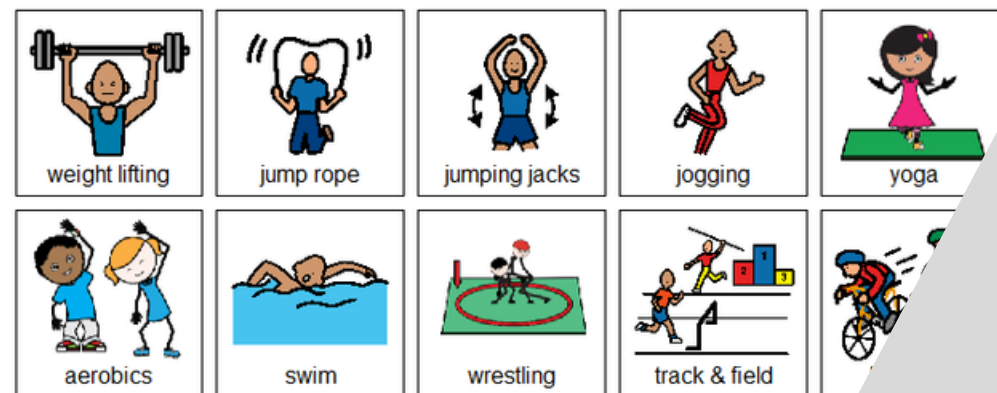
Circle maps are a great way for students to see the concept at a glance. There are 2 versions:

- One is errorless
- One has wrong answers mixed in students will have to set aside

What are exercises that help you get stronger?

Errorless version

Place the pictures in the circle map on previous page showing exercises that can make you stronger.



Place the pictures in the circle map on previous page **only if** you think they would make you stronger.



Christa Joy, Special Needs for Special Kids
The Picture Communication Symbols ©1981-2019 by Tobii Dynavox
Worldwide. Used with permission. Boardmaker® is a trademark

The first circle map is a general one about exercise. This circle map is about things you can do that will help make you stronger.

Station 1



10 Jumping Jacks

Station 2



10 Overhead Stretches

Christa Joy, Special Needs for Special Kids
The Picture Communication Symbols ©1981–2021 by Tobii Dynavox. All Rights Reserved
Worldwide. Used with permission. Boardmaker® is a trademark of Tobii Dynavox

Station 3



10 Sit ups

Station 4



10 Touch your Toes

Christa Joy, Special Needs for Special Kids
The Picture Communication Symbols ©1981–2021 by Tobii Dynavox. All Rights Reserved
Worldwide. Used with permission. Boardmaker® is a trademark of Tobii Dynavox

There are 10 different cards you can use to set up stations outside or in your classroom. They come in color and black and white.

Station 5



10 High jumps

Station 6



10 Side Stretches

Christa Joy, Special Needs for Special Kids
The Picture Communication Symbols ©1981-2021 by Tobii Dynavox. All Rights Reserved
Worldwide. Used with permission. Boardmaker® is a trademark of Tobii Dynavox

Station 7



Jump rope 5 minutes

Station 8



10 Push ups

Christa Joy, Special Needs for Special Kids
The Picture Communication Symbols ©1981-2021 by Tobii Dynavox. All Rights Reserved
Worldwide. Used with permission. Boardmaker® is a trademark of Tobii Dynavox

Station 9



Run in place 5 minutes

Station 10

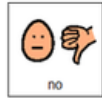


Get a drink of water

Christa Joy, Special Needs for Special Kids
The Picture Communication Symbols ©1981-2021 by Tobii Dynavox. All Rights Reserved
Worldwide. Used with permission. Boardmaker® is a trademark of Tobii Dynavox

Circle your answer to the following questions.

1. I like to exercise.



2. I like to exercise:



3. Circle all the types of exercise you have tried in the past:



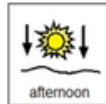
4. Circle all the types of exercise you would like to try



Christa Joy, Special Needs for Special Kids
The Picture Communication Symbols ©1981-2021 by Tobii Dynavox. All Rights Reserved
Worldwide. Used with permission. Boardmaker® is a trademark of Tobii Dynavox

Circle your answer to the following questions.

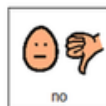
5. I am at my best:



6. I hope exercise makes me:



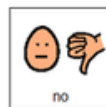
7. I would like to exercise with music:



8. I would like to exercise:



9. I think we should exercise every day:



Christa Joy, Special Needs for Special Kids
The Picture Communication Symbols ©1981-2021 by Tobii Dynavox. All Rights Reserved
Worldwide. Used with permission. Boardmaker® is a trademark of Tobii Dynavox

There is an 18-question inventory to find out what your students like and don't like about exercise.

The activities that accompany this social story provide:

1. A structured way for you to review this skill.

2. A way to informally assess if students are comprehending the material.

3. Engages the student by providing different ways to review the same material.