



Keeping Active – children with autism, their parents and guardians

The Keep Well campaign is encouraging people to mind their physical and mental health and wellbeing by adding healthy habits to their routines.

As part of the Keep Well campaign, Sport Ireland has produced Keep Well videos for children with autism and their parents / guardians / carers

Led by Fiona and Paul Oppermann this 6-part series is designed to focus in on movement patterns that are beneficial for development, combined with low and higher intensity exercises that use a similar pattern to aid learning.

The key focus is the development of gross motor skills to improve co-ordinated movement, core strength and balance.

The sessions can be done as week by week progressions or standalone sessions. You can do the exercises in your own space and at your own pace, by pausing and restarting the videos at a pace that works for you

Click [here](#) to access the videos