

# Classroom Exercise Chart

By

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This is an exercise chart designed to get kids moving in the classroom. Exercise has been shown to be an evidence-based practice in reducing challenging behavior in individuals with autism and other disabilities. It also has important health benefits. You could use this chart for a daily exercise routine, part of indoor recess, or do 1 exercise each 30 minutes as a break within the day.

## Directions:

Laminate the page with the pictures of children doing exercises. Cut out the numbers and laminate them. Put Velcro on the boxes to the right of the pictures on the chart and corresponding Velcro on the backs of the numbers. Have students choose how many of each exercise the class should complete each day. For running in place it could be either how many minutes or how many steps.

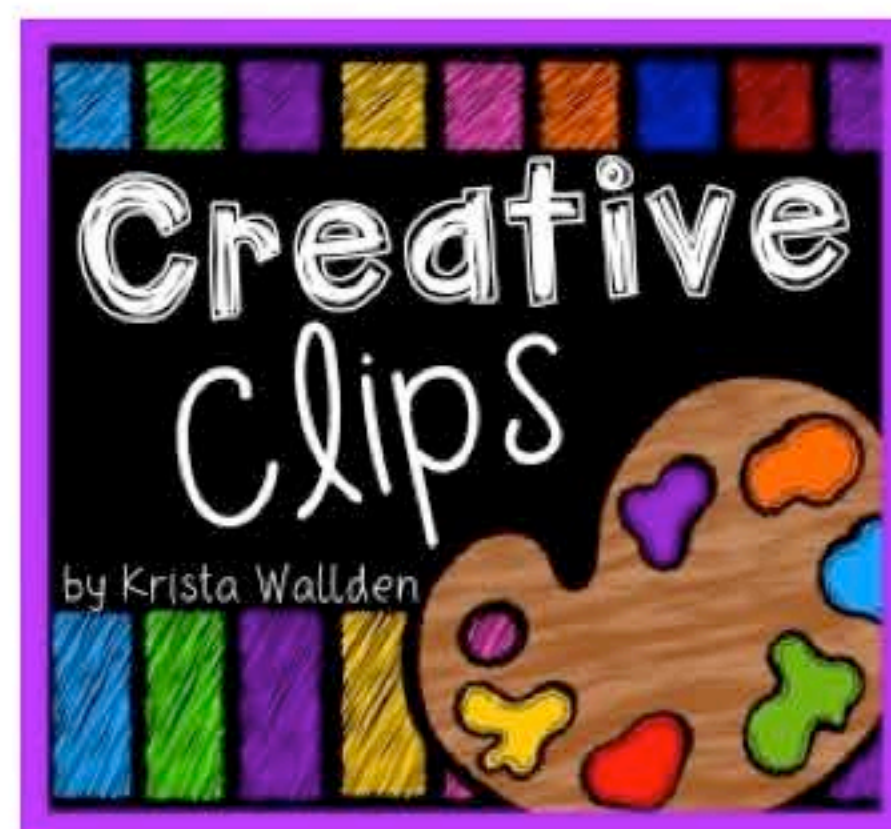
Alternatively you could cut the pictures out of each and use foam board to Velcro them both on to a chart and the students could choose the exercises as well as the numbers.

I am considering making a larger version of this product to be available in my store. If this is something you are interested in, please comment and let me know.

## CREDITS:



CLIP ART BY REBEKAH BROCK  
[WWW.TEACHERSPAYTEACHERS.COM/STORE/REBEKAH-BROCK](http://WWW.TEACHERSPAYTEACHERS.COM/STORE/REBEKAH-BROCK)



Graphics by Lovin' Lit

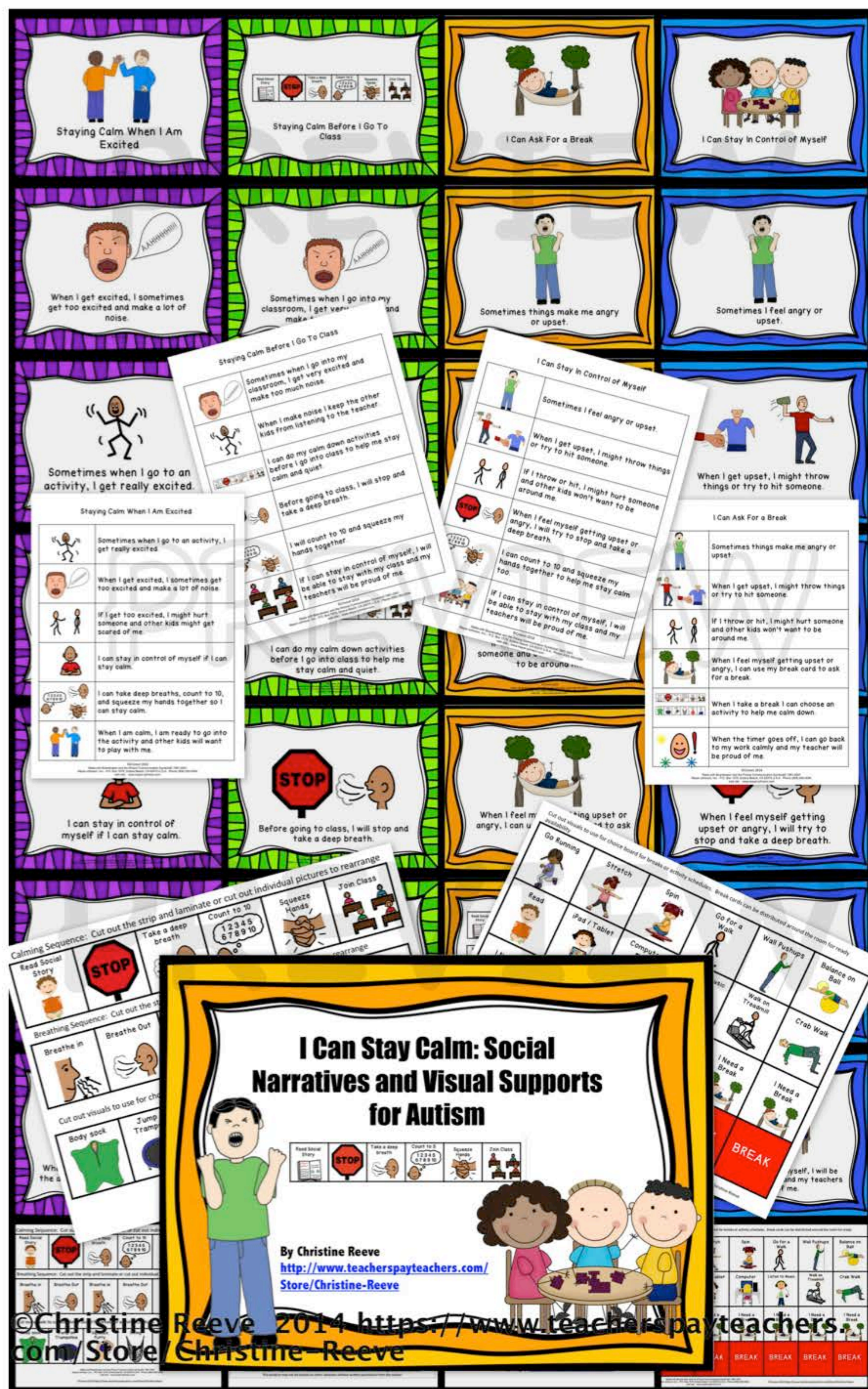
**Move Your Body: Classroom Exercise Chart**  
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Check out the I Can Stay Calm: Social Narratives and Visual Supports for more resources for regulating behavior through relaxation and coping strategies. Token boards are also available for reinforcing appropriate behavior.



For questions, email me at Christine Reeve,  
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Check out similar products at my Teachers Pay Teachers Store:  
<http://www.teacherspayteachers.com/Store/Christine-Reeve>

Visit my blog @ <http://www.autismclassroomnews.com>



Touch Toes



Run in Place



Wall  
Pushups



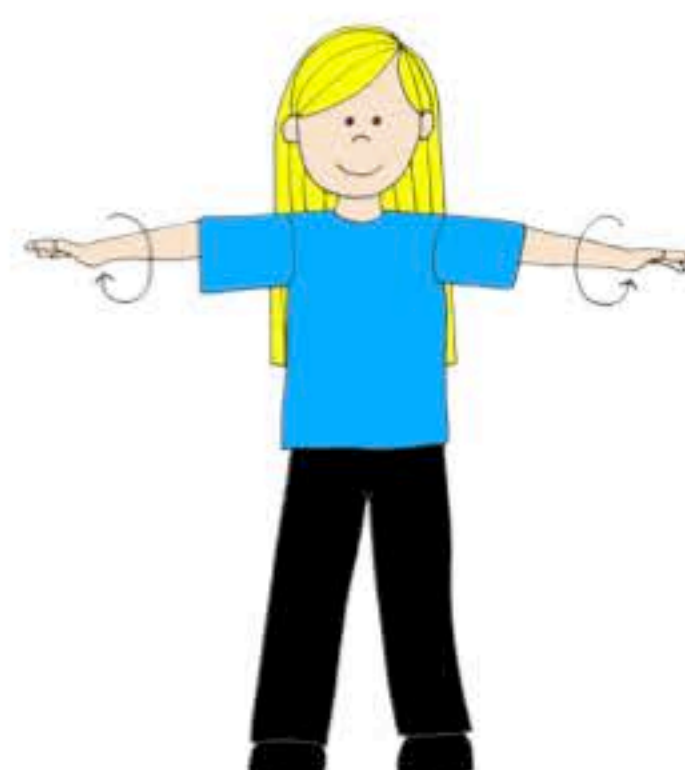
Jumping  
Jacks



Pushups



Arm  
Circles





1	2	3
4	5	6
7	8	9
10	11	12
13	14	15
16	17	18
19	20	?