

Wired to Thrive

Ten simple home activities for coordination, balance, timing, and attention

Cross-crawl marching

Touch right hand to left knee, then alternate. Begin with 10 slow repetitions.

Tape-line walking

Walk on painter's tape. Progress to heel-to-toe walking or carrying a light object.

Red Light, Green Light

Move on green and stop on red. Later add yellow for slow movement.

Pattern copying

Copy two movements such as clap-stomp. Add one movement when ready.

Balloon tap

Keep a balloon off the floor. Alternate hands if comfortable.

Target stepping

Step on colored paper targets in a requested order.

Ball toss with a rule

Say a color, animal, or number before each soft-ball throw.

Animal walks

Try bear walks, crab walks, frog jumps, or a short crawling course.

Rhythm imitation

Repeat a two- or three-beat clap or tap pattern.

Mirror game

Copy slow arm, head, or stepping movements, then let the child lead.

Eight-minute starter routine

1 min cross-crawl | 1 min tape-line walk | 2 min pattern copy | 2 min balloon or ball | 2 min Red Light, Green Light

Make it sensory-friendly

- Demonstrate first and keep directions short.
- Use a visual sequence or first-then language.
- Allow stimming, breaks, choice, and extra response time.
- Start below the frustration threshold.
- Stop for pain, dizziness, fear, escalating distress, or reduced coordination.

These activities support practice and play. They do not treat or cure autism. Ask the child's pediatrician, occupational therapist, physical therapist, or other qualified clinician for adaptations when balance, seizures, pain, orthopedic conditions, or fall risk are concerns.