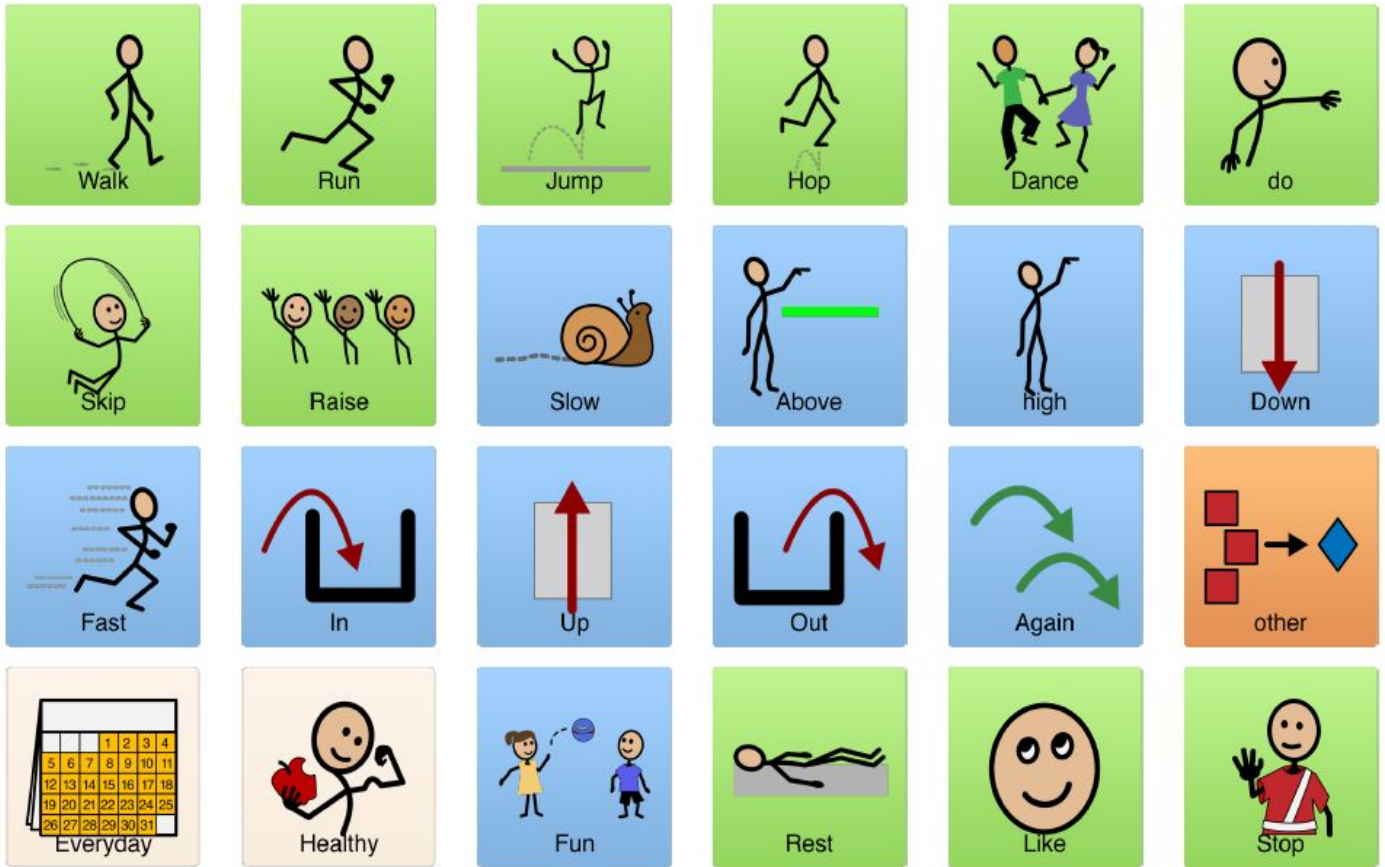


AAC and Exercise: A Fun Way to Model and get the Family Fit

-----'s Avaz Book



No playgrounds, no gym time, no outdoor games. Without their regular dose of physical activities, kids are likely to channel their energies elsewhere. This can spell disaster and create quite a ruckus in the house if they don't have structured activities to satiate their adrenaline cravings.

Exercise not only engages kids but can also lift your spirits up as it's a great stress buster. Think you don't have enough time with the additional responsibilities you've been taking on due to school closures? How about making exercise a family activity? Even better, how about using exercise time to communicate and model language using AAC? This way, you're getting two of your important goals for the day met at the same time. 👍

Say Hello to Your New Instructor

Break down the exercise time into mini workout sessions and let your child lead the family in one of those sessions. Create a separate folder in your high tech AAC system and include icons for the individual routines such as jumping jacks, bear crawl, skipping etc.

For example, if your child is great at hula hooping, let them take control of that session and get you all spinning the hoop. You can include phrases in their AAC system that allows them to dictate what you do.

Spin faster

Spin clockwise

Talk to them about what other things they want the family to do with the hoop.

Spin two hoops

Remember to pay heed to their orders and give it your best shot even if you can't find a way to keep the hoops from falling to the floor 😂

If your little one is into dance, then let them take charge and teach you a few awesome moves. Choose the soundtrack they would like the family to work out to.

What music would you like?



This BTS song sounds *interesting*

Conversation Ideas

Build the conversation from your child's individual interests.

Can you *jump* as *high* as I do?

Who is your *favourite* dancer?

Remember, I used to *walk* in the mornings with your mom everyday?

It's *fun* working out with you and your sister

We must do this *everyday*

This is so much *better* than working out at the gym.

Doing exercise everyday keeps you *healthy*

What activities did you *do* during gym at school?

Did you *like* gym class?

You are an *amazing* dancer

Do you *want* to take dance lessons? I can look for a few online lessons for you.

Core words

Here are a list of core words that can be modelled during this activity

Arms *up* over the shoulder

Arms *down*

Breathe *in*

Breathe *out*

Can you do this five *more* times?

Want to do the plank *again*?

Now lift the *other* leg up

Do you *want* to *stop* now?

I'm going to *do* jumping jacks five times

Would you *like* to rest for a few minutes ?



I can **feel** my heart beating fast

Communicative Functions

For emergent communicators, AAC is often used only for questions or requesting. Here's a range of communicative functions you can use AAC for while doing exercise together:

- **Question:** How many times do you think you can squat?
- **Comment:** Dancing is fun!
- **Describe:** Your skipping rope is **pink**. I have a **blue** skipping rope
- **Instruct:** Don't bend your knees
- **Request information:** How long did you do the plank for?
- **Express feelings:** I feel relaxed after the workout
- **Joke:** You know why the line works out? To get in shape 🤪 🤪

Exercise time can be a great opportunity to teach action words such as skip, jump, hop, run, walk, etc. Try and model a few words everyday while you're warming up or while you're cooling off post-workout. Here's wishing that your family stays fit and healthy as your child's AAC learning is on course.

