

3 Practical Takeaways



Use exercise to impact school readiness of students on the autism spectrum

From: Steinbrenner, J. R., Hume, K., Odom, S. L., Morin, K. L., Nowell, S. W., Tomaszewski, B., ... & Savage, M. N. (2020). Evidence-Based Practices for Children, Youth, and Young Adults with Autism. FPG Child Development Institute.

1 Antecedent exercise supports school readiness

- Performing an exercise activity prior to classroom tasks has been shown to improve academic behavior and performance in multiple studies

2 A really easy option: aerobic exercise like jogging

- Anywhere from 8-20 min, that results in increased respiratory rate & flushed face
- Easy enough to incorporate into the school or classroom routine?

3 Other options: yoga and other mindful practices

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