Learn about the laws and best practices for including children with I/DD in physical activity:
• Legal Requirements for Including Children with I/DD in Physical Activity

Get ideas for ways to adapt or modify activities to include children with I/DD:
• Tips to Adapt Physical Activities to Include Children with I/DD
• Overcoming Barriers to Including Children with I/DD in Physical Activity
• Social Inclusion and Physical Activity
• Zones, Stations, and Relays
• Try Structured Recess
• Principles of LET US Play

Support physical activity goals for children with I/DD:
• Use Education and Service Plans to Support Healthy Habit Goals for Children with I/DD (in the ‘Getting Started’ section of this toolkit)
• Use Transition Plans to Support Healthy Habits for Teens and Young Adults with I/DD (in the ‘Getting Started’ section of this toolkit)
• Everyone Plays a Role in Making Physical Activity Inclusive for Children with I/DD

Here are ideas for how to make physical activity inclusive for children with intellectual and developmental disabilities (I/DD).

Each bolded item represents a handout in this toolkit!

PHYSICAL ACTIVITY is any movement that increases heart rate and breathing such as running, climbing, jumping, dancing, etc.

MaineHealth
LET’S GO!
5-2-1-0