



**WEST METRO**  
LEARNING CONNECTIONS, INC.

Developing Social Understanding & Skills Since 2001  
Centers in Edina & Excelsior

## Daily Exercise Tips for Kids with ASD

By Jon Rossum, Licensed Special Education Teacher

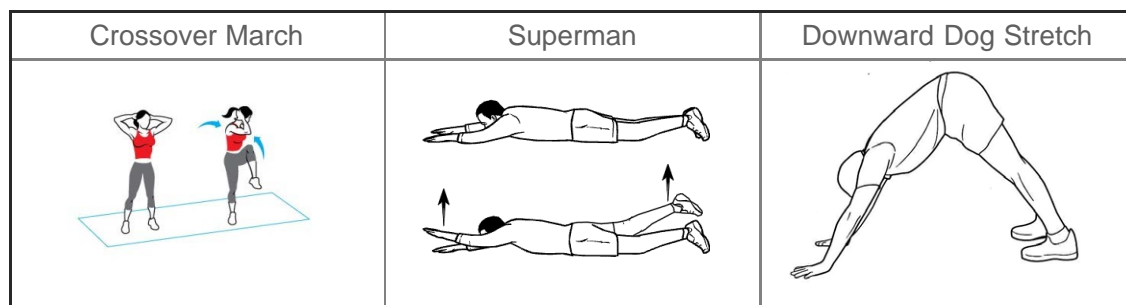
*One of the daily challenges each of us face, is to find opportunities to move more – and to get an appropriate amount of daily exercise. Our friends, on the spectrum – may have barriers that must be considered for them to overcome the challenges in order to get into a beneficial exercise routine.*

- *A supervised exercise program can cost money – and parents may already be paying for occupational therapy, along with other therapy, social skills class, etc.*
- *Parents can have a difficult decision to make regarding choosing a structured athletic activity program*
- *An exercise program can still be put in place along with therapy and participation in school or community activities*
- *Parents can feel overwhelmed but **relax** – you do not have to be an exercise professional or even very athletic to help guide your child through simple exercises that can improve their lives.*

Recently a staff member at WMLC attended a seminar – presented by David S. Geslak, “Coach Dave,” founder and president of the Exercise Connection – a center in Chicago that was formed to “enhance focus, fitness, and family in the Autism community.” Coach Dave works with individuals of all ages on the fundamentals of exercises. The standards used by Exercise Connection include:

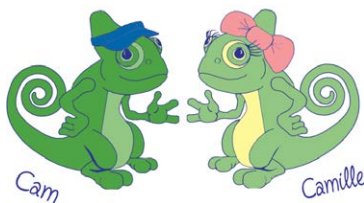
- Use a visual system to teach: The Exercise Connection has a patented Visual Exercise System – which includes an iPad program, large visuals, individual schedules, countdown boards, white boards and timers. All are available at: [www.exerciseconnection.com](http://www.exerciseconnection.com). Pairing a visual system will help keep the session, however lengthy or brief, organized and moving forward.
- Build the relationship: Be exuberant and warm. Use language to instruct and guide that is at the child’s level. Encourage and enjoy with them.
- Establish a structure: for example – start with 5 minutes, 1 day a week. Then move up to 2 exercise sessions a week. Once a time is established begin to add in multiple exercises to build the routine.
- Teach the five components of Exercise: Body Image, Posture, Motor Coordination, Muscular Fitness, Cardiovascular (and Abdominal) Strength

Here are three examples of exercises that can be done at home – with some guidance & encouragement from parents, siblings, PCA’s, or anyone else that has a positive relationship with your child:



These are just 3 suggested exercises that can be done with little to no extra materials or equipment. Begin with these and then start adding a new one each week. Remember that if it is movement that your child is comfortable with, go with it! Stress body flexibility over form. To quote Coach Dave: “just like everything else they are learning, perfection is not the goal – persistence is.”

The Visual Exercise System is available at: <http://www.myvisualexercise.com/>



**SOCIAL SKILLS THERAPY**  
 HELPING KIDS FIT IN & SHINE

## Winter Term Social Skills

**Reminder Winter Term Clients:** Please sign-up for a conference with your child's teacher in the conference binder located in the lobby at each center.

Winter Term	January 2015							January	
	Su	M	Tu	W	Th	F	Sa		
					★	2	3	17	Sleepover @ Edina (age 8+)
	4	5	6	7	8	9	10	19	Strategy Central @ Excelsior
	11	12	13	14	15	16	17		
	18	19	20	21	22	23	24		
	25	26	27	28	29	30	31		
February 2015							February		
Su	M	Tu	W	Th	F	Sa			
1	2	3	4	5	6	7	20	Friday Excellent Adventure @ Edina (age 8+)	
8	9	10	11	12	13	14	21	Sleepover @ Excelsior (age 8+)	
15	16	17	18	19	20	21	21	Pre-School/Elementary Make-up Session	
22	23	24	25	26	27	28	16-28	End of Term Parent Conferences	

## Spring Term Social Skills

**Spring Term registration is now open!**

Spots are filling up fast, contact Mary Wyatt to save your spot today!

Spring Term	March 2015							March	
	Su	M	Tu	W	Th	F	Sa		
	1	2	3	4	5	6	7	6	Friday Excellent Adventure @ Excelsior (age 8+)
	8	9	10	11	12	13	14	11	Parent Orientation Meeting @ Edina
	15	16	17	18	19	20	21	14	Parent Orientation Meeting @ Excelsior
	22	23	24	25	26	27	28	21	Sleepover @ Edina (age 8+)
	29	30	31						
April 2015							April		
Su	M	Tu	W	Th	F	Sa			
			1	2	3	4	3	Friday Excellent Adventure @ Edina (age 8+)	
5	6	7	8	9	10	11	6	Strategy Central @ Edina	
12	13	14	15	16	17	18	18	Sleepover @ Excelsior (age 8+)	
19	20	21	22	23	24	25	19	MFF Ice Breaker Fundraiser	
26	27	28	29	30					
May 2015							May		
Su	M	Tu	W	Th	F	Sa			
					1	2	16	Prom @ Edina (age 16+)	
3	4	5	6	7	8	9	16	Pre-School/Elementary Make-up Session	
10	11	12	13	14	15	16	11-23	End of Term Parent Conferences	
17	18	19	20	21	22	23	29	Friday Excellent Adventure @ Excelsior (age 8+)	
24	★	26	27	28	29	30	30	Sleepover @ Edina (age 8+)	
31									

Spring 2015 Registration  
Form

Spring 2015 Catalog

2014-2015 WMLC Calendar

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Click below for information regarding Summer Term

Summer 2015 Informational  
Flyer

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Contact Mary Wyatt for information regarding registration at [mwyatt@wmlc.biz](mailto:mwyatt@wmlc.biz) or 952-474-0227 x204

Current Clients: Please contact our Social Skills Coordinator, Linda Jones, with any questions or concerns you or your child may have. She can be reached by email at [ljones@wmlc.biz](mailto:ljones@wmlc.biz) or by phone at 952-474-0227

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## WMLC Referral Program



**Client referrals are eligible to receive a \$100 tuition credit...**

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## Seeking Typical Peers



We are currently seeking Typical Peers of all ages for our Spring and Summer Term social skills groups. This is a great opportunity for your child to be a positive role model and help form new friendships.

We are specifically seeking a female typical peer between the ages of 11-14 to join the Thursday evening girls group at the Edina center from 5:00-8:00 pm.

Click for  
More Information

## Friday Excellent Adventure

February 20<sup>th</sup> 2015



Nickelodeon Universe

**5:00pm to 9:00pm @ Edina**

**Open to ages 8 and up**

All of our Excellent Adventures have been carefully researched and planned so clients not only have a great time, but also learn and practice social interaction and communication skills in a supported, but natural setting. Minimum enrollment is three participants. All are welcome, but advance registration is required.

**Cost:** \$120 + cost of activity/admission fees

[View the Flyer](#)

[Click Here to Register](#)

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## Sleepover February 21<sup>st</sup> 2015



**Pizza & Games @ WMLC Excelsior**

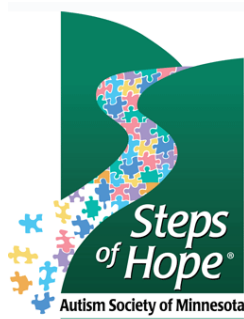
**Open to ages 8 and up**

We will be hanging out and playing games at the Excelsior center for this sleepover! For dinner we will have a pizza party followed by ice-cream sundaes for dessert! Minimum enrollment is three participants. All are welcome, but advance registration is required.

Cost: \$175

[View the Flyer](#)

[Click Here to Register](#)



We would like to invite all of you to join our WMLC team and walk with us on March 1st! This is a community event meant to raise money for the Minnesota autism community. This is a great opportunity to visit with sponsors, gather information and resources and hang out with friends! It is Minnesota's largest autism resource fair!

Location: Southdale Center

Sunday, March 1, 2015 from 8:00 am - 11:00 am

[Click for More Information](#)

**We hope to see you there!**



## **Sensory Strategy**

The sensory strategy for this month implements the usage of deep and calming pressure, provided by.... clothing! There is a wide variety of compression clothing that is perfect for kids to be worn by themselves or under clothing. Compression clothing helps to calm and

organize your child by helping to regulate your child's sensory system through the use of proprioceptive input. Below you can find a few different links for websites selling compression clothing; there are a lot of different options out there.



<http://www.kozielclothes.com/sensory/compression-clothing>

[http://www.eastbay.com/Compression-Clothing/\\_/\\_/N-2e4](http://www.eastbay.com/Compression-Clothing/_/_/N-2e4)

<http://www.dickssportinggoods.com/products/compression-clothing-for-men.jsp>



## App of the Month

This month's app is called, "Number Sequencing: What Comes Before, After & In Between?" This is a great app to help children master the concept of number sequencing. This app was co-developed and approved by an AMI certified Montessori teacher with over forty years experience.

Click for  
More Information

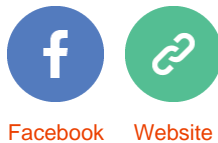
**SAVE THE DATE:  
Ice Breaker Social Gala**



*Tickets to Paradise  
Warm Your Hearts for Our Kids*

**Sunday, April 19, 2015  
BayView Event Center, Excelsior, MN**

[www.metrofriendshipfoundation.org](http://www.metrofriendshipfoundation.org)



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**Our mailing address is:**  
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**Better Business Bureau**



BBB  
Rating: A+

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