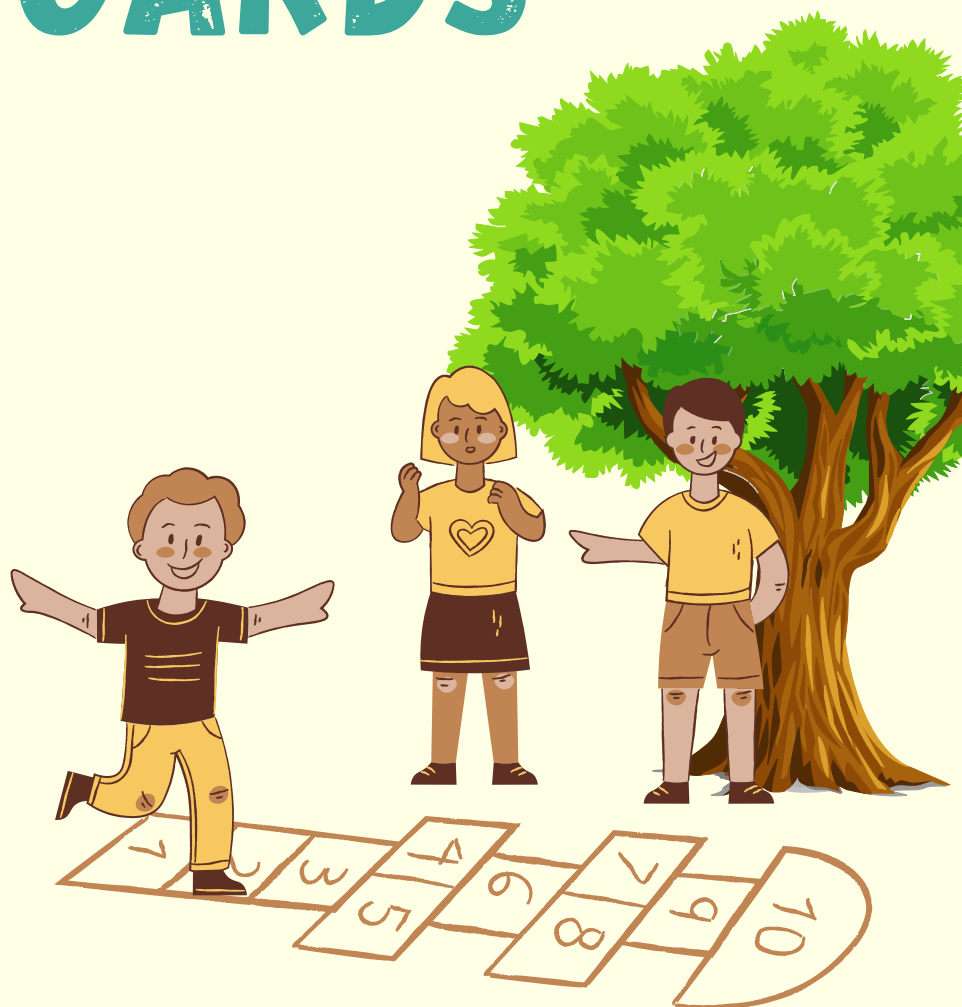
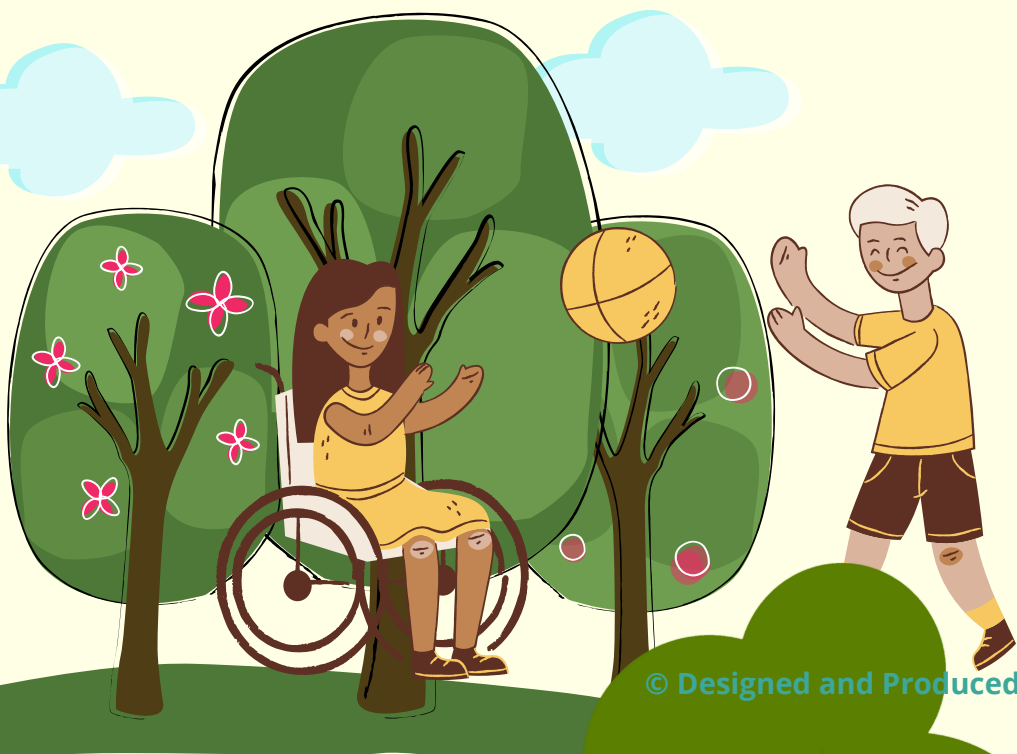


CENTRE FOR AUTISM

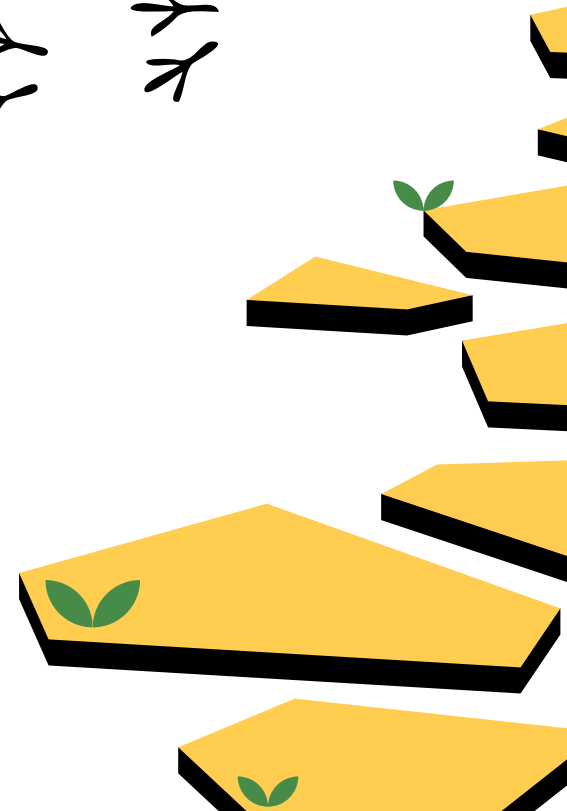


OUTDOOR PLAY ACTIVITY CARDS





***Make a trail
and follow it***



Bounce a ball to a friend



***How many times
can you bounce a
ball?***



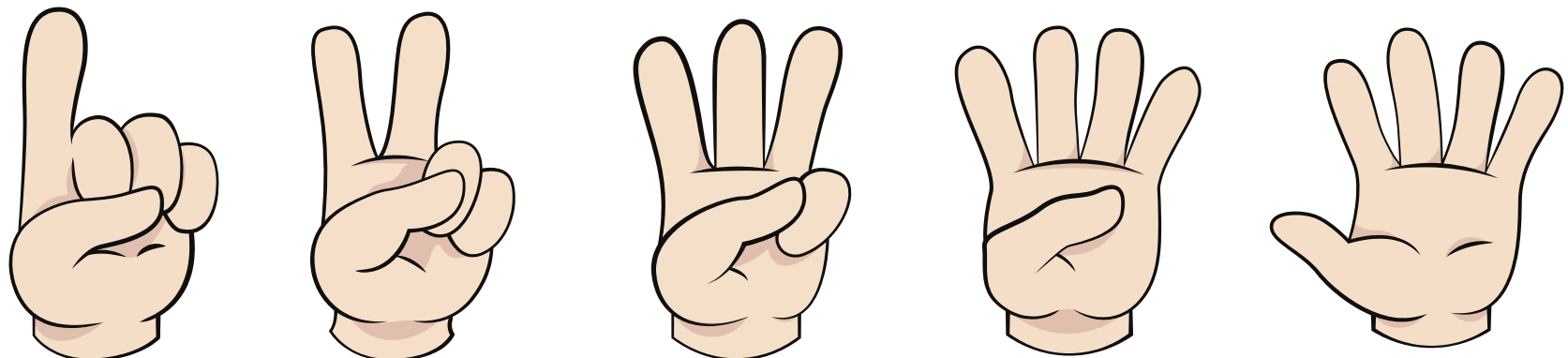


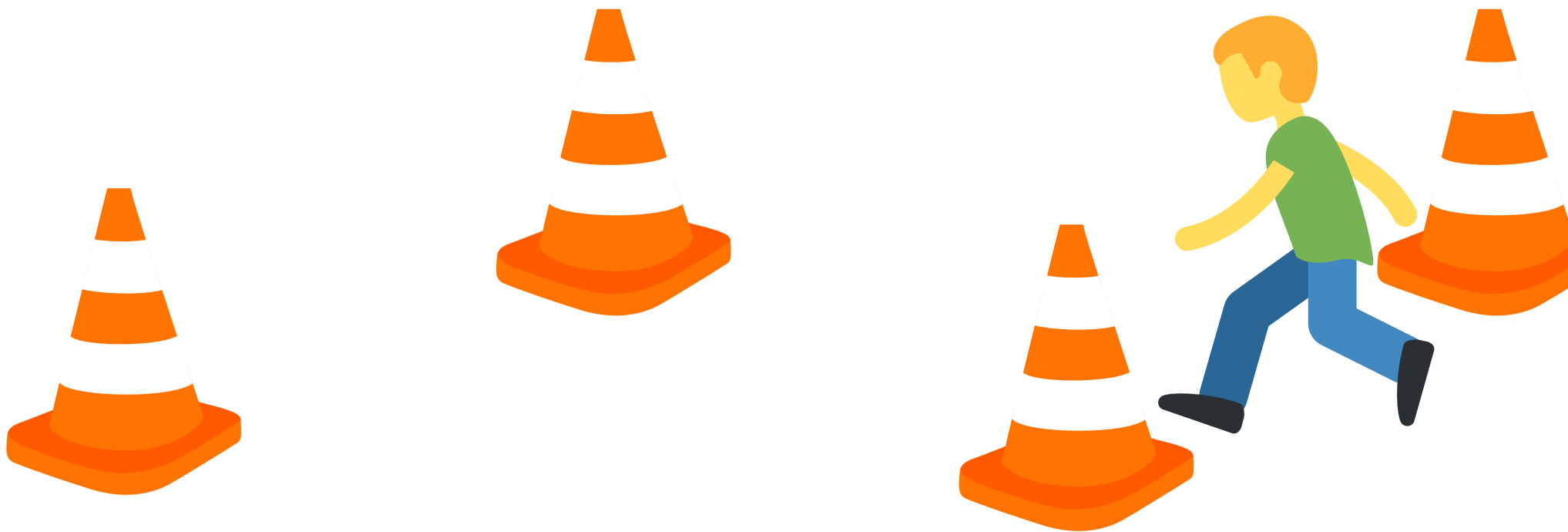
Practise using the hula hoop



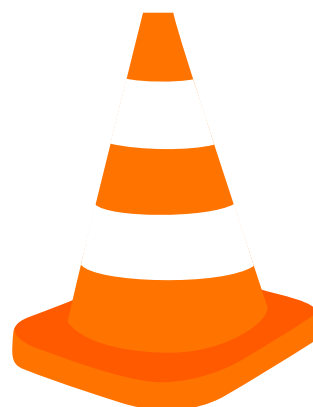
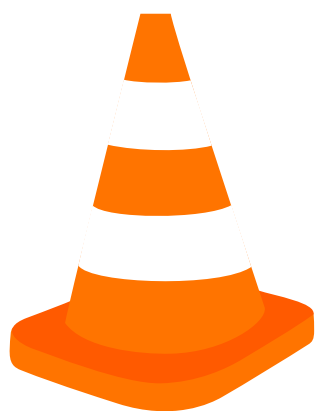


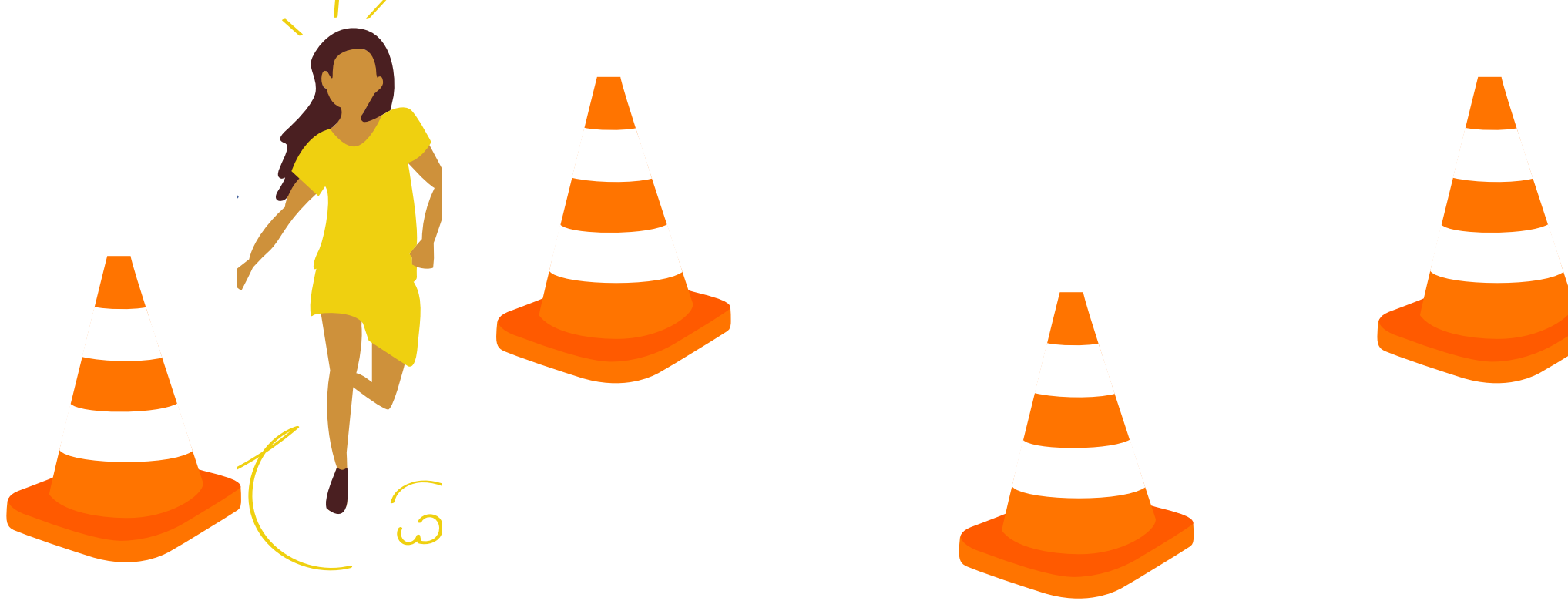
***How many times
can you hop on
one foot?***



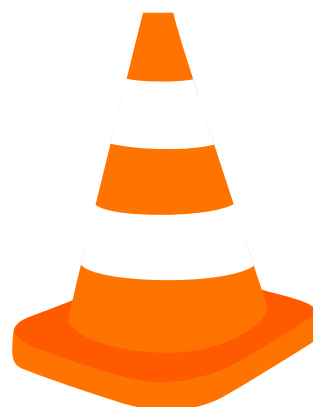
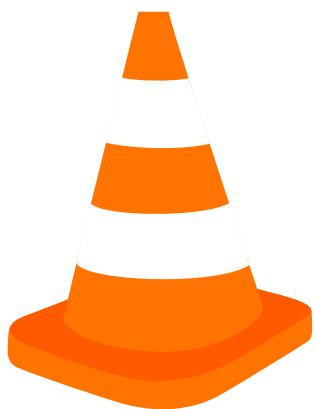


***Run around the
cones 5 times***



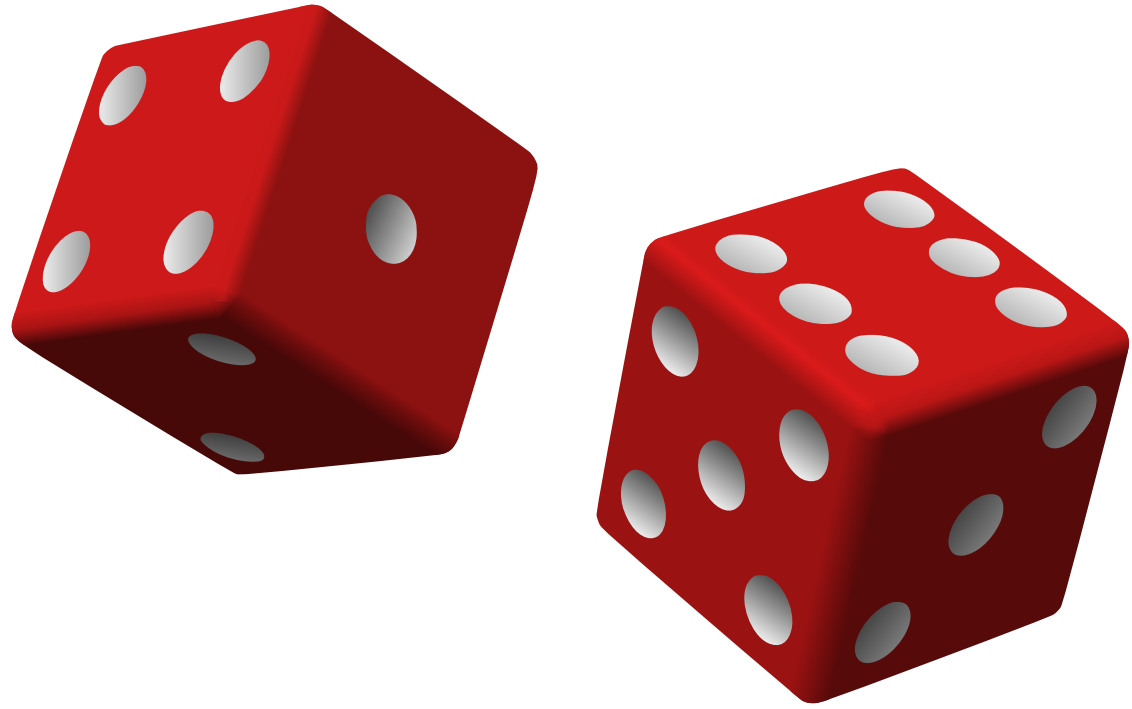


***Run around the
cones 10 times***





***Dribble a ball
around the cones***



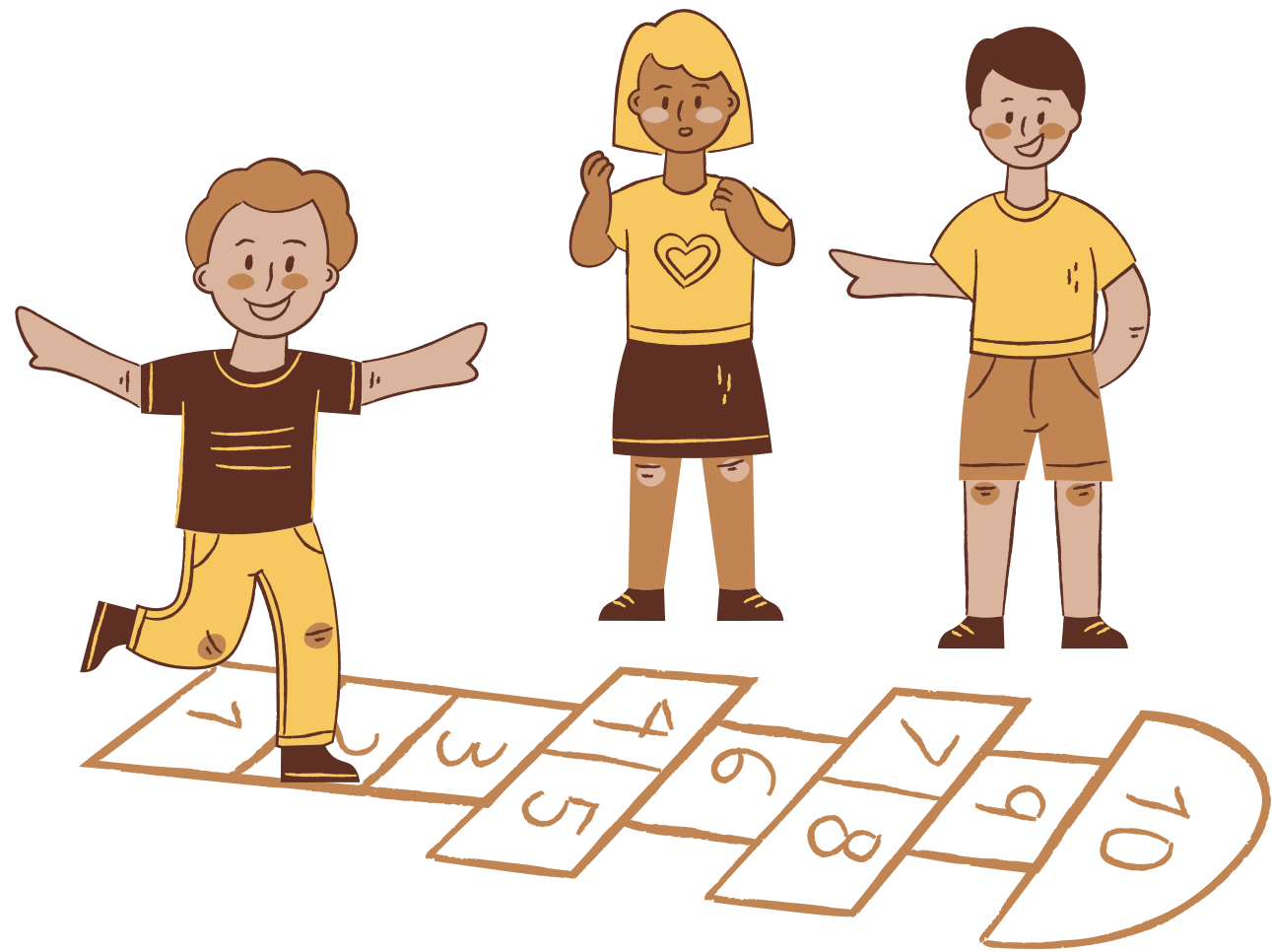
***Roll a dice and then
hop the number***





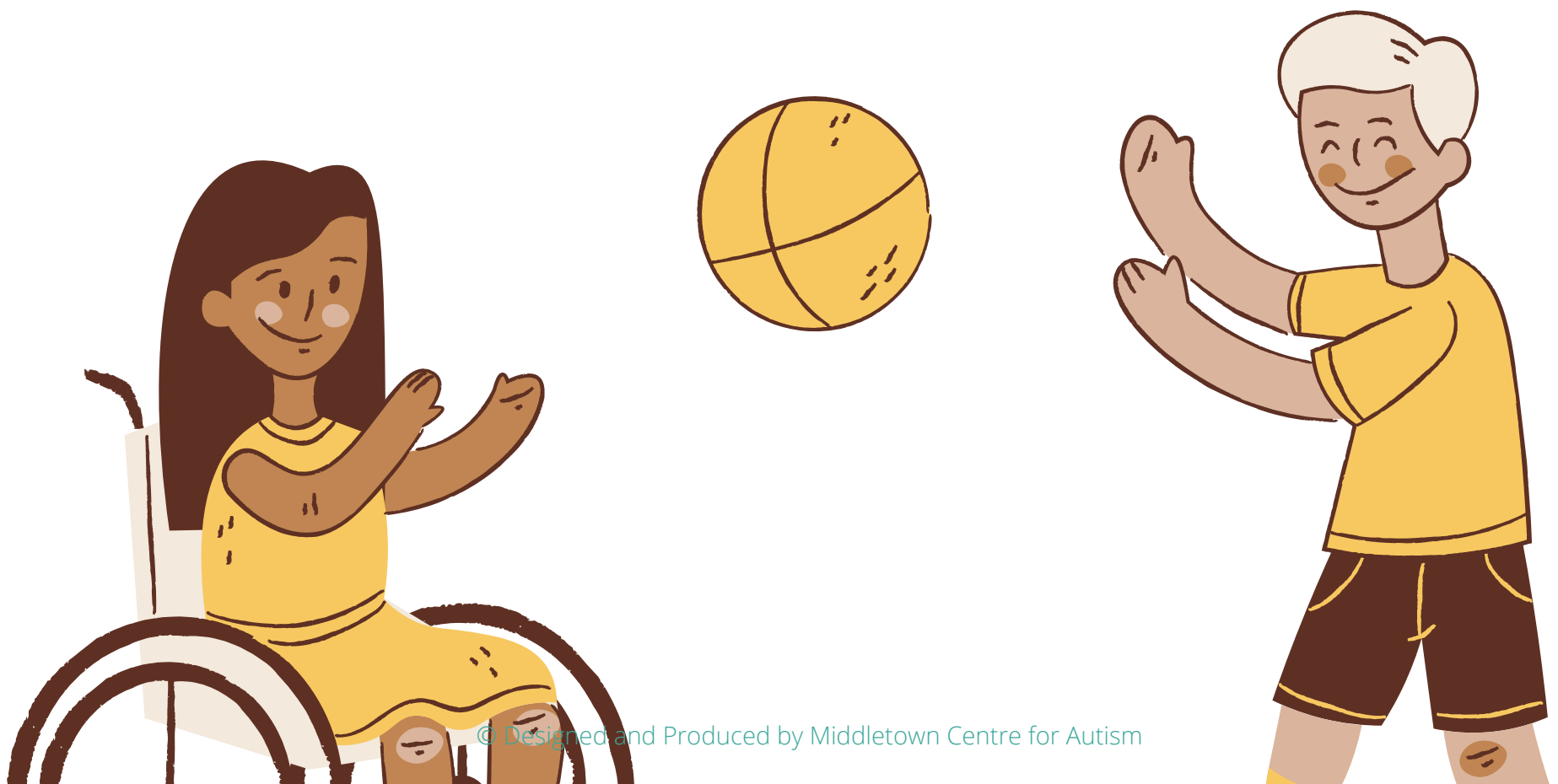
***Roll a dice and then
jump the number***



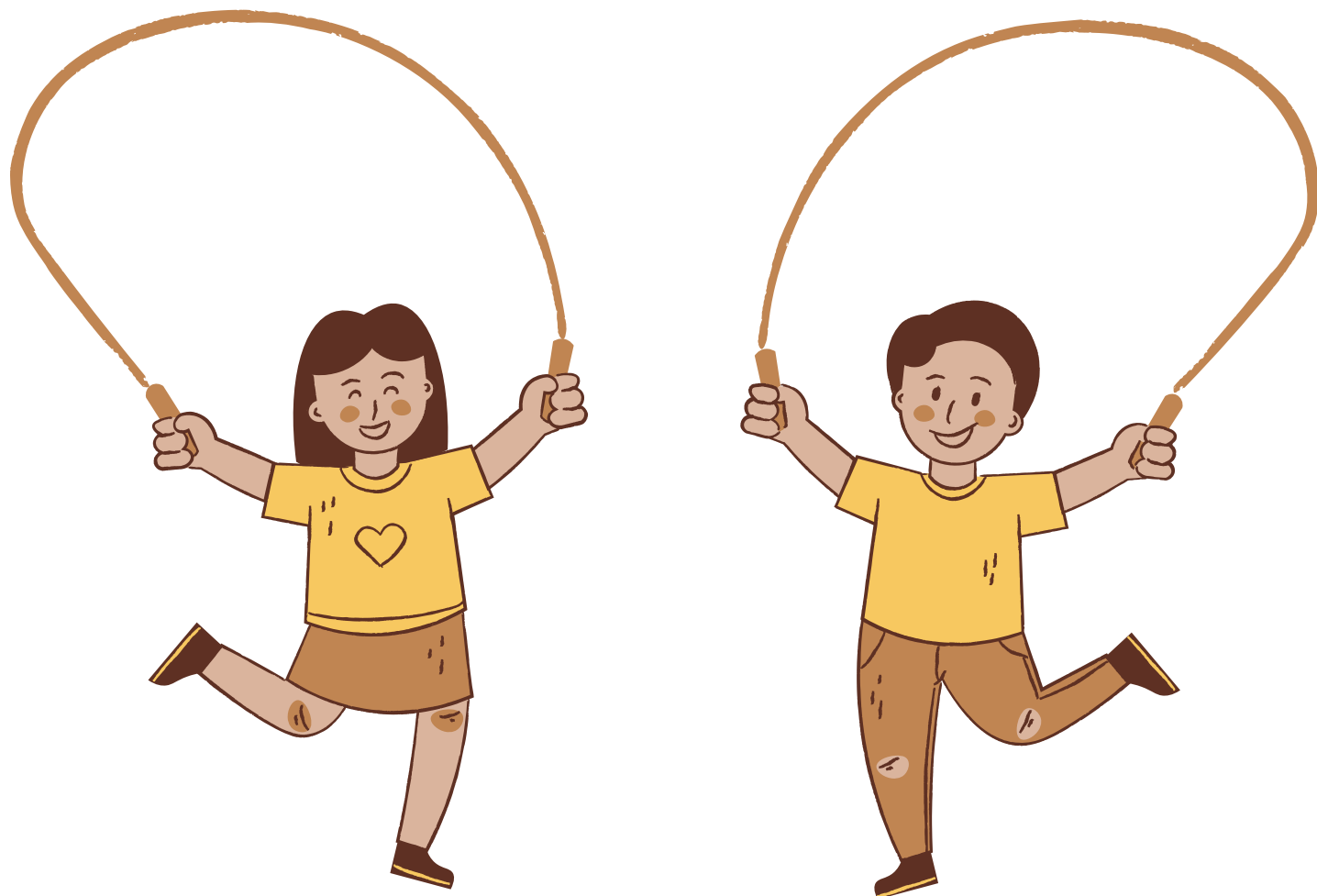


Play hopscotch

Throw a ball to a friend



Practise skipping



Throw 10 beanbags into the hoop



Do 5 star jumps



Do 10 star jumps

