Resources For A Healthy Lifestyle

**Physical Activity**

**For Caregivers and Educators**
- All About Adaptive Swim Lessons
- Making Swimming Fun and Safe
- Young Athletes Program (For Kids)
- Camp CaPella (For Kids, Teens, Adults)

**For Adults, Teens, and Kids**
- Camp Alising (For Kids, Teens)
- Maine Adaptive (For Kids, Teens, Adults)
- Animal Yoga (For Kids)
- Stretching Chart with Visual Aids (For Teens, Adults)

For Caregivers and Educators
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For Adults, Teens, and Kids
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- Animal Yoga (For Kids)
- Stretching Chart with Visual Aids (For Teens, Adults)
Resources For A Healthy Lifestyle

Nutrition

For Caregivers and Educators

- Improving Eating Habits with ASD: Video
- Encouraging New Foods at Mealtime
- Putting Nutrition on Your Table: Video Seminar

For Adults, Teens, and Kids

- “What does the food taste like?” Picture Board
- Eating Well Poster (For Teens and Adults)
- Nature Links (Wellness and education program for Adults)
- Build Strong Bones Poster (For Teens and Adults)
- All About Hydration Poster (For Teens and Adults)
Resources For A Healthy Lifestyle

Sleep

For Caregivers and Educators

Sleep Strategies for Teens
Sleep Strategies for Children

For Adults, Teens, and Kids

MySleep (Sleep Tips for Kids and Teens from the NHS Foundation Trust)

Strong Minds’ Sleep Tips (For Teens, Adults)
For Caregivers and Educators

- How Social Stories Work

For Adults, Teens, and Kids

- Resources For A Healthy Lifestyle
  - Hygiene, Social/Emotional Wellness

- Asking Others to Play Social Story
- Playing with Others Social Story
- Dealing with Angry Feelings Social Story (For Kids, Teens, Adults)
- All About Me Form (For Adults)
- Washing Hands Visual Aid (For Kids, Teens, Adults)
- Self-care Picture Board (For Kids, Teens, Adults)
- Relieving Stress Picture Board
- Making Friends (For Adults)
Physical Activity:
For Caregivers and Educators
https://www.youtube.com/watch?v=qgj1YfG55ic
https://drive.google.com/file/d/1IfemlN5-wd4qVaqGJd7n89IepWYfd6ay/view?usp=sharing
https://drive.google.com/file/d/1ddDM_rKEBra1pfjLn5y6-QXRIweyKDWU/view
http://www.campcapella.org
https://campalsing.com/
https://www.maineadaptive.org/

For Adults, Teens, and Kids
https://youtu.be/mQrP2HdZMNY
https://drive.google.com/file/d/1urbylHDrqKziw7phvzWFbZXMjG4_KlaF/view?usp=sharing

Nutrition:
For Caregivers and Educators
https://www.youtube.com/watch?v=pOAivs58SOU
https://bit.ly/3qFlC6F
Complete List of Links

For Adults, Teens, and Kids
https://drive.google.com/file/d/1-09NQ_bNDgBMIWmrez66fKBbkcXC4ihl/view?usp=sharing
https://drive.google.com/file/d/1SJJD8xd2aV8wvui8UiPhzB0_CvPWQXbU/view?usp=sharing
https://naturelinksmaine.org/
https://drive.google.com/file/d/1TXTJ0dvf8D4Thsp71TOcYsbdH8O70pjq/view?usp=sharing
https://drive.google.com/file/d/1KdAaCQdALkoOXrPECB6K8Oz_NyEjS6S5/view?usp=sharing

Sleep:

For Caregivers and Educators
https://drive.google.com/file/d/1fc7Zo5twYrhJyaGJhKugeq0KXGBAhfqk/view?usp=sharing
https://drive.google.com/file/d/1MsWVKz0oQlozKyRjvGyb6ey3qD7dLvW6/view?usp=sharing

For Adults, Teens, and Kids
https://drive.google.com/file/d/1lckjSlvP5cArLbCboUj6LZnJNVNSlA3z/view?usp=sharing
Complete List of Links

**Hygiene, Social/Emotional Wellness:**

**For Caregivers and Educators**

**For Adults, Teens, and Kids**

https://drive.google.com/file/d/1jXzZpYjftW4WkH66PmayKHTbQ9Id9iQI/view?usp=sharing
https://drive.google.com/file/d/167Iqr4TUJLX_VTKyWSUvkJQUkgKGny-7/view?usp=sharing
https://drive.google.com/file/d/12HbMhy5xj9JwyvOFbFfclNA9BIRlSb3/view?usp=sharing
https://drive.google.com/file/d/1zmugDHHQm1Zq8pDPFR4RI8ZHC8bIYTRE/view?usp=sharing
https://drive.google.com/file/d/1YYTwP90ddcvZUfwSUrNd1gW-i9ZJJ6LG/view?usp=sharing
https://drive.google.com/file/d/1dbD2G2DCYC6N7-Wnvb3Mnmm9M6oMi9OJ/view?usp=sharing
https://drive.google.com/file/d/192n3CzDwoOciafeixoB1fM9-kMAWB7KN/view?usp=sharing