

## 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 \(For  
Kids, Teens, Adults\)](#)

[Camp Alsing \(For  
Kids, Teens\)](#)

[Maine Adaptive \(For  
Kids, Teens, Adults\)](#)

For Adults,  
Teens, and Kids

[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](#)

[Eating Well Poster \(For Teens and Adults\)](#)

For Adults,  
Teens, and Kids

["What does the food taste like?" Picture Board](#)

[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 \(For Teens,  
Adults\)](#)



## Resources For A Healthy Lifestyle

*Hygiene, Social/Emotional  
Wellness*

For Caregivers  
and Educators

[How Social Stories  
Work](#)

[All About Me Form  
\(For Adults\)](#)

For Adults,  
Teens, and Kids

[Playing with Others  
Social Story](#)

[Washing Hands  
Visual Aid \(For Kids,  
Teens, Adults\)](#)

[Asking Others to Play  
Social Story](#)

[Self-care Picture  
Board \(For Kids,  
Teens, Adults\)](#)

[Relieving Stress  
Picture Board](#)

[Dealing with Angry  
Feelings Social Story  
\(For Kids, Teens,  
Adults\)](#)

[Making Friends \(For  
Adults\)](#)



# Complete List of Links

## ***Physical Activity:***

### **For Caregivers and Educators**

<https://www.youtube.com/watch?v=qqjIYfG55ic>

<https://drive.google.com/file/d/1IFemIN5-wd4gVagGJd7n89lepWYfd6ay/view?usp=sharing>

[https://drive.google.com/file/d/1ddDM\\_rKEBra1pfjLn5y6-QXRlweyKDWU/view](https://drive.google.com/file/d/1ddDM_rKEBra1pfjLn5y6-QXRlweyKDWU/view)

<http://www.campcapella.org>

<https://campaling.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](https://drive.google.com/file/d/1urbylhDrqKziw7phvzWFbZXMjG4_KlaF/view?usp=sharing)

## ***Nutrition:***

### **For Caregivers and Educators**

<https://www.youtube.com/watch?v=pOAvs58SOU>

<https://bit.ly/3qFIC6F>

# 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/1-09NQ_bNDgBMIWmrez66fKBbkcXC4ihl/view?usp=sharing)

[https://drive.google.com/file/d/1SJJd8xd2aV8wvui8UiPhzB0\\_CvPWQXbU/view?usp=sharing](https://drive.google.com/file/d/1SJJd8xd2aV8wvui8UiPhzB0_CvPWQXbU/view?usp=sharing)

<https://naturelinksmaine.org/>

<https://drive.google.com/file/d/1TXTJ0dvf8D4Thsp71TOcYsbdH8O70piq/view?usp=sharing>

[https://drive.google.com/file/d/1KdAaCQdALkoOXrPECB6K8Oz\\_NyEjS6S5/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/1lckjSlvP5cArLbCboUj6LZnJNVNSIA3z/view?usp=sharing>

<https://media.specialolympics.org/resources/covid-19/Strong-Minds-Sleeping-Tips-Graphic-Global.jpg>

# Complete List of Links

## ***Hygiene, Social/Emotional Wellness:***

### **For Caregivers and Educators**

<https://bit.ly/3hbWqSp>

### **For Adults, Teens, and Kids**

<https://drive.google.com/file/d/1jXzZpYjftW4WkH66PmayKHTbQ9ld9iQI/view?usp=sharing>

[https://drive.google.com/file/d/167lrq4TUJLX\\_VTKyWSUvkJQUkgKGny-7/view?usp=sharing](https://drive.google.com/file/d/167lrq4TUJLX_VTKyWSUvkJQUkgKGny-7/view?usp=sharing)

<https://drive.google.com/file/d/12HbMhy5xj9JwyvOFbFfcINA9BIRrISb3/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-Wnwb3Mnm9M6oMi9OJ/view?usp=sharing>

<https://drive.google.com/file/d/192n3CzDwoOciafejxoB1fM9-kMAWB7KN/view?usp=sharing>

<https://www.autism.org.uk/advice-and-guidance/topics/family-life-and-relationships/making-friends/autistic-adults>