



Park Activities for Individuals with Autism

The City of Kyle Parks and Recreation Department has put together a list of activities. The activities below are geared towards individuals with autism. The activities are focused sensory and gross motor skills. Please feel free to adjust the games to fit the needs of the individual.

City of Kyle Parks:

Gregg Clarke Park, Steeplechase Park, Waterleaf Park, City Square Park Lake Kyle, Plum Creek Trial (best entrance is at Waterleaf Park)

Sorting Nature: Take this idea outdoors and gather leaves, flowers, twigs, and rocks and then the children can sort items by various categories. You might even have the children gather the items from the Scavenger Hunt to use for this activity.

Equipment needed: Small bag to hold items

Hopscotch: The game supports children's physical coordination, balance, and cognitive development. This game can be played in any location with a concrete slab. All of our City Parks have space to meet the needs of this game. Adaptation of the game will help meet needs of the child and provide opportunities for social interactions.

How to Play: You may allow the child to draw the Tradition Hopscotch diagram using chalk. (you may even play this inside you will just use masking or painters tape instead of chalk). You can work on numbers or ABC's depending on the needs of the child. You will label the diagram from 1-10 for example. Then you will have the child throw a small stone, twig, beanbag or item of their choosing. They will use the location that the item lands as a destination point. On single digit numbers the individual is to hop on 1 foot but for example at pair of 4-5 you will hop with both feet.

Adaptations for Hopscotch:

- Instead of just numbering the spaces on the board, use colors to differentiate them as well. This can act as another visual cue for differentiating between the different squares on the board and work on the colors.
- Focus on one skill at a time. For example, a child might practice tossing the marker in a square and picking it up again, walking to the appropriate square rather than hopping. Or if the child is practicing hopping, perhaps they don't need to worry about hopping over the marker or staying in the lines; rather they just hop down and back. Still other children may simply be working on taking turns and will focus on waiting until their peers are done before they begin to play on the board.
- The board can be used to reinforce other skills, such as number, color, or letter recognition by asking children to jump to the appropriate box as called out by a teacher or parent.

Equipment needed: Chalk, beanbag, twig, small rock





Park Activities for Individuals with Autism

The City of Kyle Parks and Recreation Department has put together a list of activities. The activities below are geared towards individuals with autism. The activities are focused sensory and gross motor skills. Please feel free to adjust the games to fit the needs of the individual.

City of Kyle Parks:

Gregg Clarke Park, Steeplechase Park, Waterleaf Park, City Square Park Lake Kyle, Plum Creek Trial (best entrance is at Waterleaf Park)

Textures and Feelings – While non-verbal children struggle to communicate with the spoken word, they do not lack a sense of touch, and certainly have a full range of emotions. You may find create a list of for your child to find. For example, hard(rock), soft(grass), rough(gravel). Allow your child to find item that they feel fit into the categories.

Red Light, Green Light – Use games like Red Light, Green Light to encourage them to follow directions in a way that can be carried over to the home environment. Use rewards for positive responses. To play Red Light, Green Light, line the children up in a straight line. Explain to them that, when you say Green Light, the children move forward. When you say Red Light, the children must stop. The terms “Red Light” and “Green Light” can then be used for other actions as one of their basic commands. You may even have visual cues (bring a red item or paper to help with the commands)

Activities to do in the City Parks:

- Playing with chalk
 - Allow the child to use their imagination to create are in the park
- Bike riding
- Finding items in the parks to create a sensory bag
- Making sidewalk chalk at home with your child and take the chalk to a city park to use
- Bubbles in the park
- Going on a color walk
 - Choose colors and let your child explore the park to find items that match the color
- Flying a kite (Best results at Lake Kyle)
- Playing I spy the parks

Sensory activities to do with individuals with Autism (at home)

- Shaving cream and paint
- Playing with oobleck
- Calm down bottles
- Making slime
- Painting with their fingers
- Create a nature collage



Leaf or Bark Rubbing

When leaves fall from the tree, it is a great time to look at them closely and make a great piece of art. Place a leaf or bark under this paper inside the square below. Then rub the leaf or bark using your pencil or a crayon.

You Need:

- crayons or a pencil
- clipboard
- leaves



Pick the best looking leaves to make a rubbing

My Leaf Rubbing

Do you know why leaves fall from the trees? In the Fall, the days are growing shorter, so there is less sunlight. Trees use sunlight to make food. The leaves fall because the trees can't make enough food to keep them on their branches.

Can you see the veins in the leaves? The veins bring nutrients to all of the leaves.



Photo Scavenger Hunt

The child can choose to draw the item in the box or using a phone take a picture of each item then later practice drawing. You will need to bring a pencil or pen for this activity.

Tree

Grass

Flower

Something Red

Acorn

Water

Rock

Fence

Stick

Trash Can

Leaf

Cloud

Person

Playground

Sign

Building



Nature Bracelets

This give the kids the opportunity to explore the great outdoors. This activity requires masking tape. You will place the masking take around the wrist of your child, if they do not prefer the tape around there wrist you can place tape on paper or allow them to hold the tape themselves. Encourage your child to explore and engage with the beauty of nature. Below you will see a picture example of a nature bracelet.

Optional: They are able to find the items and later tape or glue them to a paper.





Outdoor Sensory Motor Scavenger Hunt

To climb	To jump Over
To play catch with	To walk across
To crawl under	To balance on
To run on	That is rough
That is heavy	That is soft
That is smooth	That is hard
That is squishy	That is loud



Adjective Scavenger Hunt

FIND SOMETHING???

BRING A BAG ALONG TO COLLECT ITEMS FROM THE SCAVENGER HUNT.

ROUND

ROUGH

BLUE

BUMPY

SMOOTH

ORANGE

SHARP

YELLOW

SQUARE

RED

SMALL

PURPLE

BROWN

SKINNY

OVAL

STRIAGHT

GREEN

WHITE

PRETTY

FUN

BLACK