

Contents

<i>Introduction</i>	11
Who is this book for?	12
Who this book is not for	12
A book of two educational settings	13
Differentiation across the autism spectrum	13
Teaching children with autism in a special school	15
My overall aims	16
Structure	22
Consistency	28
Aims, objectives and learning outcomes	29
Lesson plans	32
 <i>The Games</i>	 37
Opening and Main Activity Stage	39
Calming Stage	61
Relaxation Stage	63
 <i>Sequences</i>	 73
 <i>Sequence Games</i>	 83
 <i>The Postures</i>	 91
 <i>Teaching Yoga to Children with ASD in Mainstream Primary</i>	 113

Case Studies 116

Resources 124

*Easy Ways to Choose Games
and Postures* 133

Games list 133

Games by ability group 133

Postures 134

Games by lesson stage 135