



Maine in Motion

Including Children with Special Needs

Children with special needs participating in the *Maine in Motion* program could have some limitations and might need modifications to the program. Here are a few suggestions for including special needs students in the *Maine in Motion* program:

- Modify the program for each specific child's ability.
- If the student has a cognitive or intellectual impairment, certain modifications might include assistance in the recording of the student's steps or time on the personal fitness calendar.
- Provide a number line to understand more or less to help in determining goal setting.
- Other classroom students could buddy up and lead by example providing peer support.
- Students who are physically impaired might need a more significant modification. If a student uses a walker, they could have a goal of doing more movement during the day. A wheelchair student could record the duration of upper body activity during the day.