



Activity Checklist for Children with Intellectual Disability

SIMPLE, STRUCTURED ACTIVITIES TO SUPPORT
CHILD'S GROWTH, CONFIDENCE, AND INDEPENDENCE

Helping your child develop new skills can feel easier than you think. This checklist offers simple, practical activities you can use each day at home.

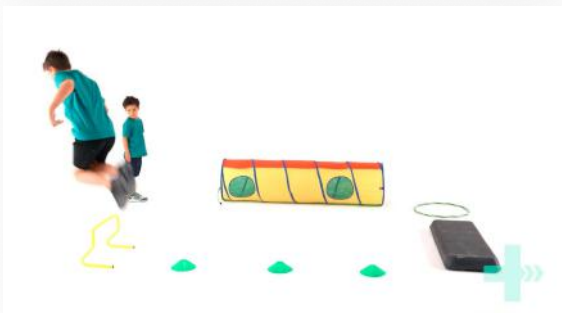
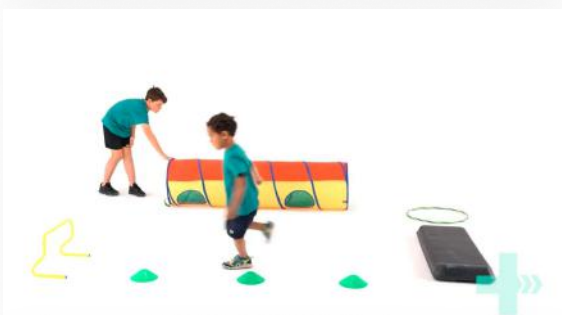
Each activity helps with movement, focus, social skills, and independence. They are all meant to be manageable and easy to follow.

How to Use This Checklist:

- Choose 2–3 activities per day
- Keep sessions short and simple (10–20 minutes)
- Repeat activities regularly to build confidence
- Adjust based on your child's needs and energy levels

Daily Activity Checklist

1



Play Path Obstacle Course (Movement Skills & Confidence Building)

Goal:

Encourage coordination, body awareness, and movement confidence through playful, goal-directed activities for children with intellectual disability.

Instructions:

- Set up a simple obstacle course on the floor.
- Include items such as a tunnel to crawl through, cones to walk around, or a soft block to climb over.
- Place your child at the starting point of the course.
- Encourage them to move through each obstacle step-by-step.
- Guide them to follow the course until they return to the starting point.
- Repeat the course a few times to build familiarity and confidence.

Helpful Tip:

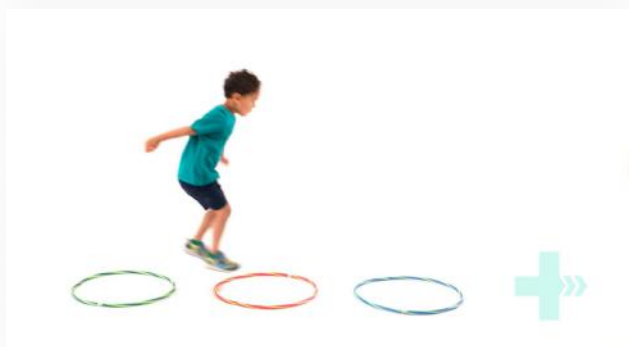
Keep the course simple at first and celebrate each completed step to help build motivation and enjoyment.

Movement Cue:

"Over, around, through. Great job!"

☐ Check when completed

2



Hoop Jump Adventure

(Coordination, Strength & Playful Movement)

Goal:

Build lower-body strength, coordination, and jumping control whilst encouraging playful movement for children with intellectual disability.

Instructions:

- Place several hoops close together on the floor.
- Stand behind the first hoop.
- Jump from one hoop to the next, pretending the floor is water and trying not to fall in.
- Swing your arms back, bend your knees, and jump forward.
- Land with your feet together inside the hoop.
- Continue jumping from hoop to hoop along the path.
- As confidence grows, gradually increase the distance between the hoops.

Helpful Tip:

Turn the activity into a game or story (e.g., “jumping across a river”) to keep the child engaged and motivated.

Movement Cue:

“Bend, swing, jump, land together!”

☐ Check when completed

3



Catch & Throw Play

(Coordination, Timing & Social Interaction)

Goal:

Develop hand-eye coordination, reaction timing, and cooperative play skills for children with intellectual disability.

Instructions:

- Stand facing a partner with enough space between you.
- Have your partner gently throw the ball toward you.
- Catch the ball with both hands.
- Throw the ball back to your partner.
- Practice different types of throws—low, high, and slightly to the side.
- Continue the activity for several rounds to build confidence and coordination.

Helpful Tip:

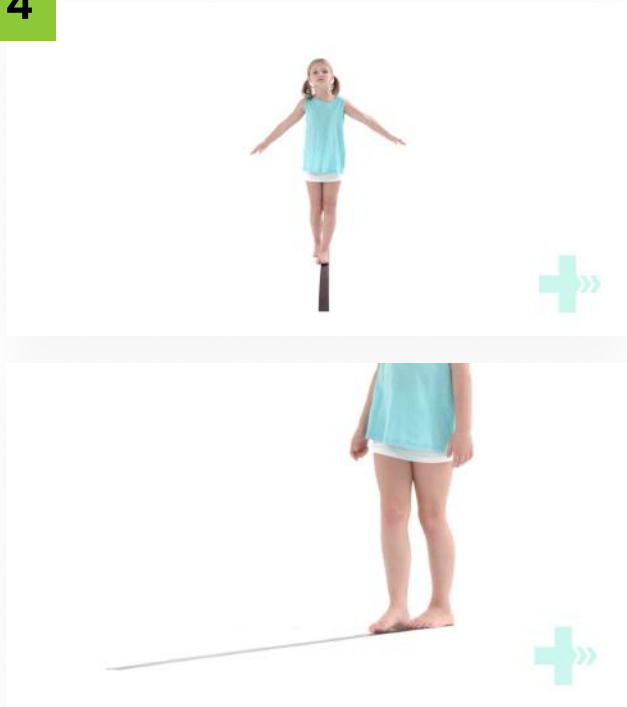
Start with a soft or larger ball to make catching easier and more enjoyable whilst learning the movement.

Movement Cue:

“Watch, catch, throw back!”

☐ Check when completed

4



Line Walk Balance Game (Balance, Coordination & Body Control)

Goal:

Improve balance, coordination, and body awareness whilst helping children with intellectual disability practice controlled walking patterns.

Instructions:

- Place a strip of tape on the floor or imagine a straight line.
- Stand tall at the start of the line.
- Place one foot in front of the other.
- Make sure the heel of your front foot touches the toes of the back foot.
- Begin walking forward slowly along the line.
- Continue placing one foot carefully in front of the other with each step.

Helpful Tip:

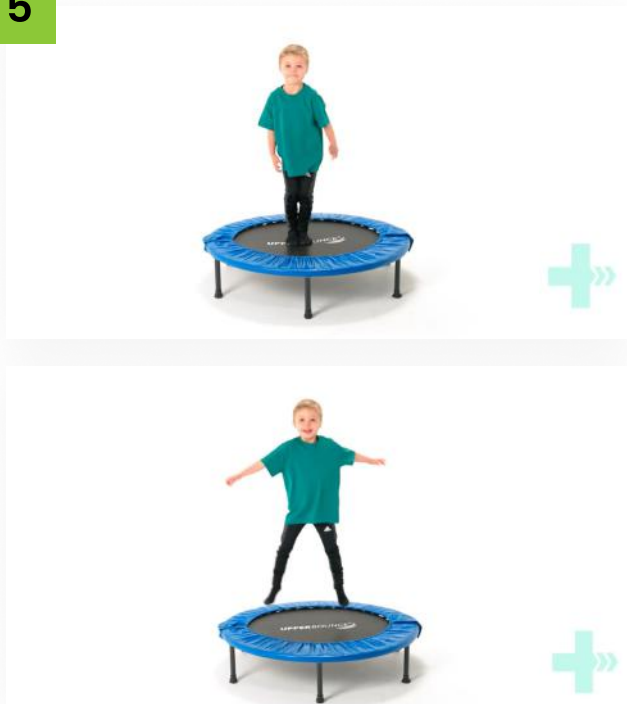
Make it a fun challenge by pretending the line is a tightrope or a balance beam. This helps keep the child interested.

Movement Cue:

"Step, balance, step."

☐ Check when completed

5



Supervised Trampoline Star Jumps (Coordination, Energy Release & Body Control)

Goal:

Support coordination, body control, and sensory regulation whilst allowing children with intellectual disability to release energy through safe, playful movement.

Instructions:

- Stand on the trampoline with your feet together and your arms by your sides.
- Jump upward and move your legs apart as you rise.
- Land lightly on the balls of your feet with your legs apart.
- Spring back into the air and return your legs to the starting position.
- Continue repeating the movement in a steady rhythm.

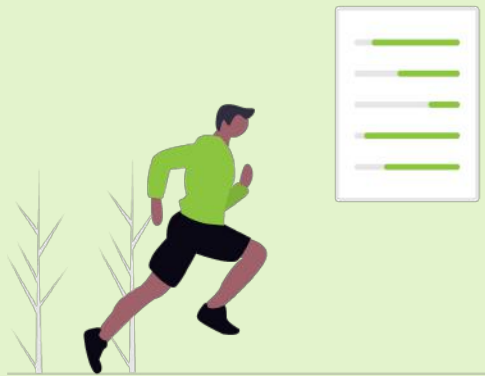
Helpful Tip:

Always supervise trampoline play and encourage controlled, gentle jumps rather than jumping too high.

Movement Cue:

"Jump out, jump in!"

☐ Check when completed



Tips for Success:

- Keep instructions simple and clear
- Break tasks into small steps
- Reduce distractions
- Praise effort, not just results
- Take breaks when needed

Turn Everyday Activities into Development Opportunities

Save this checklist so you always have easy activity ideas when you plan playtime, daily routines, or ways to build skills at home. Doing small activities regularly can help children grow stronger, more confident, and independent over time.

Healthstin partners with families to design personalised Physiotherapy and Exercise Physiology programmes that support real development goals through fun, structured activities.

To learn how therapy can support your child's development, call [1300 090 931](tel:1300090931) or [book online](https://www.healthstin.com.au) to schedule a session today.

