

"Focus"

Exercise Choice Box Let's Get Moving!

Fun and Effective

An Exercise Choice Box is a wonderful tool to help promote movement, assist with choice making of exercises, and add variety to exercise routine. Simply roll the box as you would dice, and move as the exercise showing on top directs for as many repetitions as desired. Exercises used should be those that all participants can execute correctly.

Developed by Maebh Barry, M.Sc., B.Ed. and Matt LaCortiglia, M.Ed., CIFT, Adapted Physical Education Teachers from the Deafblind Program at Perkins School for the Blind, here are instructions to how to make your own!



Materials Needed

Materials to make the Exercise Choice Box are easy to find and relatively inexpensive. Here is what you'll need:

Exercise Choice Box (continued)

Materials Needed (continued)

- Square Cardboard Box: 6" by 6"
- Duct Tape in Primary Colors: Red, Black, Yellow, and White
- Velcro: Both Male and Female pieces
- Clear Contact Paper - OR - Laminator & Laminating Paper
- White Paper: 8" by 11"
- Multi Colored Card Stock: 8" by 11"
- Glue Stick
- Printable Pictures of Exercise Choices to fit on paper trimmed to 5" by 5" square: a minimum of six and as many more as you'd like.
- Scissors and Ruler
- Printer with Black Ink



Exercise Choice Box (continued)

Instructions

The finished product will be wipe-able, cleanable, and easily interchangeable for use with many different exercise choices.

Exercise Choice Cards:

Pictures of Exercise Choices should be simple (see Exercise Choice examples on pages 4-6) and geared toward the abilities of the individuals. The image must fit inside a 5" by 5" square and be large enough to be visible. You'll need at least six different exercise images to cover the Choice Box, and more if desired for variety.

- Print the images using Black Ink on White paper.
- Trim each image to a 5" by 5" square
- Cut Cardstock of various colors to 5½" by 5½" squares.
- Using Glue Stick, mount each 5" by 5" Picture of an Exercise Choice onto each a piece of Card Stock
- Use Contact Paper or the Laminator and Laminating Sheets to completely cover the front and back of each Exercise Choice.
- Using the Male Side of Velcro pieces, affix one piece to the back of each covered/laminated Exercise Choice Card.

Exercise Choice Box:

- Cover the entire 6" by 6" Box with Duct Tape in a color of your choice.
- Using the Female Side of Velcro pieces, affix one piece to the center of each side of the box that is covered in duct tape.

Mix and Match:

- Affix the preferred set of Exercise Choice Cards to the Choice Box using the Velcro pieces.
 - If you have created more than six Choice Cards, mix and match the Choice Cards onto the Choice Box as needed to meet individual needs.
- Happy Exercising!

Exercise Choice Box (continued)

Exercise Samples

#1 Sit and Stand



Source: <http://clipart-library.com/>

Exercise Choice Box (continued)

Exercise Samples

#2 Stretch



Source: <http://clipart-library.com/>

Exercise Choice Box (continued)

Exercise Samples

#3 Touch Toes



Source: <http://clipart-library.com/>

Exercise Choice Box (continued)

Resources

- <http://clipart-library.com/>
- Google Images - Type name and/or description of exercise into a Google search.

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Please also see MCB/DDS Partnership “Focus” resources:

<https://www.focusonvisionandvisionloss.org/leisure-and-learning-at-home.html>

<https://www.focusonvisionandvisionloss.org/movement-safety-and-fun.html>

Please note: These Web links are being offered only as informational resources.
It is not our intention to endorse or recommend the sites.