

Suit Up Workout – Levels A & B

STAY
ACTIVE

To support students to participate in a joyful, whole-body movement routine inspired by the Playful Astronauts journey. The focus is on movement, engagement, and regulation, not recall of planets or life skills.



Learning Intentions

Students aim to move their bodies during a short, fun workout.



Students aim to participate in shared movement with others.

Students aim to experience how movement can help their body feel calm, strong, or happy.



Success Criteria

I can join in with movements in my own way.

I can watch, copy, or attempt simple actions.

I can show enjoyment or engagement during the workout.



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Duration: 5 - 10 minutes

Objective

To support students to participate in a joyful, whole-body movement routine inspired by the Playful Astronauts journey. The focus is on movement, engagement, and regulation, not recall of planets or life skills.

Players

Whole class or small groups

Students may participate seated, standing, or lying down

What You Need

Clear open space indoors or outdoors

Optional: calm or upbeat music

Large planet pictures (optional, for visual familiarity only) (found in PDF resource)

AAC devices or communication boards as required

Setup

Prepare a clear, safe movement space with wide pathways.

Students may sit in chairs, wheelchairs, on the floor, or stand.

Introduce the activity using simple language:

“We are going to move our bodies.”

“We are getting our space suits ready.”

Show a planet picture if using visuals and narrate:

“This is space.”

“Let’s move our bodies.”

Ensure AAC devices are on and open to simple core words such as: move, stop, again, finished, good.



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Gameplay

Step 1: Space Suit On

Invite students to copy a simple action to “put on” their space suit:

- Pull arms through sleeves
- Zip it up
- Put their helmets and space boots on

Adults model slowly and narrate:

“Your space suit is on.”

Students may watch only and/or copy the teacher.

Step 2: Simple Space Movements

Adults lead a short sequence of movements based on the below planets/actions:

Each movement is repeated for 5 - 10 seconds.

Move through the planets one at a time. For each planet:

- Say the planet name.
- Say the life skill.
- Demonstrate the movement.
- Repeat the movement together

Suggested movements:

- **Earth – Kindness:** gentle hug to self
- **Mercury – Conflict:** side step and friendly high five or wave
- **Venus – Vulnerability:** soft butterfly arms across the chest
- **Mars – Play:** joyful jumps or seated arm bounces
- **Jupiter – Confidence:** strong power pose with wide arms
- **Saturn – Gratitude:** hands to heart, stretch tall
- **Uranus – Resilience:** bounce like a spring or rhythmic shoulder bounce
- **Neptune – Empathy:** mirror a partner’s slow wave or gesture
- **Pluto – Adaptability:** spin and freeze, or change pose on cue

Provide encouragement and model calm transitions between movements.

Step 3: Cool Down

Finish with 2 - 3 slow breaths together.

Adults model breathing and say:

“Breathe in.”

“Breathe out.”



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End with:

“We are all finished.”
“Well done everyone.”

Debrief / Reflection

Use one simple shared statement:
“Your body moved like an astronaut.”

Winning the Game

There are no winners or losers.
Success is shown through participation, observation, or calm presence.

••••• Sensory-Specific Learner Variation

Purpose: To support regulation and comfort during movement.

Adjustments may include:

- Completing only one or two movements
- Using slow, predictable movements
- Removing music
- Allowing students to lie down or stay seated
- Providing deep pressure actions such as self-hugs or chair pushes
- Allowing students to leave and rejoin freely

Watching without moving is valid participation.

AAC-Specific Supports

Prepare AAC in Advance

Core words: move, stop, again, finished, good

Model AAC Use

Adults model consistently while speaking:

“Move.”

“Stop.”



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Accessibility and Inclusion Notes

All movements can be adapted for seated or upper-body participation.

Wheelchair users participate through arm, head, or facial movement.

Offer alternative roles such as visual holder or music helper.

Avoid fast transitions or loud cues.

Respect each student's regulation needs.

Teacher Notes

“Suit Up Workout – Levels A & B” is about shared movement, joy, and body awareness, not remembering content. The workout gives students a sense of belonging and completion within the Playful Astronauts journey, ensuring every learner experiences success through participation at their own level.



PLANET VISUALS

