

Coordination



★ What Coordination Means

Coordination is how **your brain and your body work together** to help you move.

Your brain sends messages to your muscles, and that helps you do things like:

- walking
- running
- writing
- playing games
- talking
- getting dressed
- using a knife and fork

For lots of people, these messages happen quickly and smoothly without much effort. But for some people — maybe for you — the messages can take longer or feel harder to sort out.

And that's okay.

★ When Coordination Feels Tricky

Sometimes your brain knows *exactly* what you want to do... but your body doesn't move the way you expect.

You might notice that:

- movements feel slow or take extra effort
- tasks like writing or tying laces feel tiring
- you trip or bump into things more than other people
- your body makes movements you didn't plan (like tics or stimming)
- you need more time to get started with a movement

These things are *not your fault*. They are simply part of how your brain works.

★ If You're Neurodivergent, Movement Might Feel Different

If you are autistic, have ADHD, dyspraxia, Tourette's, or another neurodivergent condition, your brain and body might communicate in a unique way.

You might experience:



Delayed motor planning

It can take more time to plan and start a movement.

Sensory differences

Some sounds, touches, or movements may feel too strong — or not strong enough.

Balance and posture differences

Standing still, balancing, or holding your body upright can feel harder.

Unexpected movements

Stimming, tics, or other movements might happen because they help your body feel calm or focused.

These movements are **not wrong, rude, or bad behaviour**. They are meaningful and part of who you are.

★ How Coordination Differences Can Make You Feel

You might sometimes feel:

- frustrated when tasks take longer
- embarrassed if other people don't understand
- tired from trying so hard
- worried you're "getting it wrong"
- left out when activities feel too difficult

These feelings are completely valid. Lots of young people feel the same way.

But remember — you're not doing anything wrong. Your brain just works differently, and that's part of what makes you *you*.

★ Why Support Helps You Shine

When you get the right kind of help:

- things feel easier
- movements become smoother over time
- you feel more confident
- you can join in more activities
- you learn ways that work best for your body

You are not broken.
You are building your own way of moving through the world.



★ Tools That Can Help You Move and Take Part

Different tools and strategies can make movement easier:

🌟 Visual schedules

Show you what's happening next so you don't feel rushed.

🚶 Movement breaks

Short breaks that help your body reset and focus.

👂 Sensory walks

Walks that help you calm your body using your senses.

🌱 Adaptive equipment

Things like pencil grips, therapy balls, or balance boards that support your muscles and movement.

🌀 Fidget tools

Things you can squeeze or feel to help your body regulate.

📱 Movement and routine apps

Apps like *GoNoodle*, *Super Stretch Yoga*, or *Choiceworks* can make movement fun.

★ How Adults Can Help You

Grown-ups can make a big difference by:

- being patient when you need extra time
- understanding that movement differences are *neurological*, not behaviour
- celebrating your effort and creativity
- letting you stim or move in ways that help your body
- giving you tools that support your senses and your movement
- creating spaces where you feel safe to move

You deserve support that fits your brain, not the other way around.

★ Ways You Can Improve Your Coordination (If You Want To)



These activities can help your body get stronger and more coordinated over time:

- **Occupational therapy** – fun, play-based activities to build motor skills
- **Sensory play** – swapping, climbing, and exploring textures
- **Visual or verbal steps** – breaking tasks down into small chunks
- **Core-strength activities** – yoga, swimming, animal walks (crab walk, bear crawl)
- **Adaptive tools** – pencil grips, balance boards, etc.
- **Making tasks fun** – dance to music you love, act out stories, move in ways you enjoy
- **Regular movement breaks** – short, frequent breaks to reset your body

These are not about “fixing” you — they’re about helping you feel comfortable and confident.