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***All resources are not original to the creators of this list, this list was compiled by Laura Stuart, BCBA and Ashley Niggl, School Psychologist of Leicester Public Schools, in Leicester, Massachusetts. The purpose is to support all parents in all communities during this national crisis. If you have resources that may support these efforts, please send them to niggl@lpsma.net so that they can be added. This will not be used for any advertising of one company or another, we do not have affiliations with the resources that are provided. This page is updated weekly as new resources are found. Thank you! We encourage you to share this with all that may benefit!

General recommendations for parents supporting social, emotional, and behavioral needs:

1. Stay calm and practice/model coping strategies for your children. Children look to the adults in their lives to determine if they should be afraid and how to manage emotions.
 - a. Focus on what you can control, see [this article](#) for more information:
 - b. Practice self-care as an adult, [here is a great resource full of free options](#)
2. [Behavioral Strategies for Home Based Learning](#)
3. Use visuals. The use of visuals helps decrease anxiety and helps structure the day: Include daily responsibilities each family member will have (dishes, making beds, putting laundry away, etc. as well as outdoor time and academic learning. https://drive.google.com/file/d/1uJsAK1Hz7FWp_o9-FSPiO3ya6Co0eYar/view.
 - a. [Visuals for students with Autism](#) - The Indiana Resource Center for Autism just sent out some visual supports to help student with Autism (and other needs) through these difficult times.
4. Make a contract - identify concerns, state expectations and discuss the role that each family member has to help make the living conditions better.
5. Limit your children's exposure to information about COVID19 from the news and social media, to reduce unnecessary exposure or increased anxiety
6. Talking to children about Coronavirus:
[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)
7. Apps for children with special needs:
<https://www.educatorstechnology.com/2016/01/a-handy-chart-featuring-over-30-ipad.html>
8. Keep calm and structure on: 3 videos and downloadables on how to manage emotions and build structure at home:
<https://makesociallearningstick.com/keep-calm-and-structure-on-how-to-manage-emotions-and-build-structure-at-home-during-covid-19/>
9. Schedules, token boards and resources: <http://l.ead.me/bbTE3n?trackSharing=1>:
10. <https://www.centervention.com/social-emotional-learning-activities/>- free lesson plans impulse control, self-regulation strategies, think it, say it, personal space, etc.
11. Overwhelmed by all the resources? Here is one place that organizes websites, activities, and schedules in one place, [start here!](#)

Coronavirus and Kids:

Coronavirus Resources

[BrainPop Coronavirus Video](#)

[BrainPop Coronavirus Materials](#)

[Cincinnati Children's How Germs Spread Video](#) - Great visual description for kids with autism

[Handwashing Posters](#) - 20 free Handwashing posters

[Illinois Autism Partnership Coronavirus Social Story](#) - help children understand school closures

Illinois Autism Partnership Social Distancing Story - help children understand social distancing

[Nano Girls Why Do we Use Soap To Wash Our Hands](#) - short informative video

[STAR Autism Support Handwashing Resources](#) - includes video model and printable visual supports

[Coronavirus Social Story](#)

[Free Family Toolkit](#) -Families can access ideas to keep children busy, support their mental health, in addition to educational resources. After signing up and confirming your email they email the toolkit to you

https://m.youtube.com/watch?feature=youtu.be&v=DA_SsZFYw0w- a story about social distancing

Social, Emotional, and Behavioral Resources:

Social/Emotional Supports- for adults and children

- [COVID-19 Support](#) This site has a variety of links for activities and programs for coping strategies, addresses needs k-8, with parent resources
- [Free Family Toolkit](#) - Families can access ideas to keep children busy, support their mental health, in addition to educational resources. After signing up and confirming your email they email the toolkit to you
- [“Thinking and Feeling Words” to Build Your Child's Communication Skills](#)
- [Coping Skills card game \(Free\)](#) all ages
- [Self Regulation Break Cards \(Free\)](#) - all ages
- [100 Free Coping Skills](#) - all ages
- [101 Positive Self-Affirmations \(Free\)](#) all ages
- [Perspective Taking Lesson \(Free\)](#) - grades 5-8
- [Creating a Calm Down Space](#) For a classroom but can be used at home (Free)- all ages, create a space to support children accessing coping skills independently or with your support at home
- [Free Mindfulness Class for kids](#) Live- Tues, Wed, Thurs at 1pm est
- Gratitude Journaling- fun for kids and parents to do together, every day write down 3 things that you are grateful for (big or small), kids can draw pictures or write or both, keep a journal going to look back on later!
- [Feelings Bingo \(Free\)](#) - grades 3-6, check out and build your child’s emotional vocabulary with this fun game
- Check out all the screen/internet free ideas on page 18
- Podcast- Short and Curly- Teaches children ages 7-12 about ethics and philosophy through hilarious predicaments
- [10 Activities to do with an Anxious Child](#)
- Keep kids moving with www.Gonoodle.com
- Meditation for kids
 - [Meditation for Kids](#)
 - [Free guided scripts for kids](#)
 - [Mindfulness for Kids and Their Adults](#)
 - Apps:
 - Calm
 - DreamyKid Meditation App Just for Kids
 - Headspace: Meditation and Sleep
 - Scape
 - SOS Method: Meditation
 - 5 Minute Escapes: Guided meditation & relaxation
 - Stop, Breathe & Think

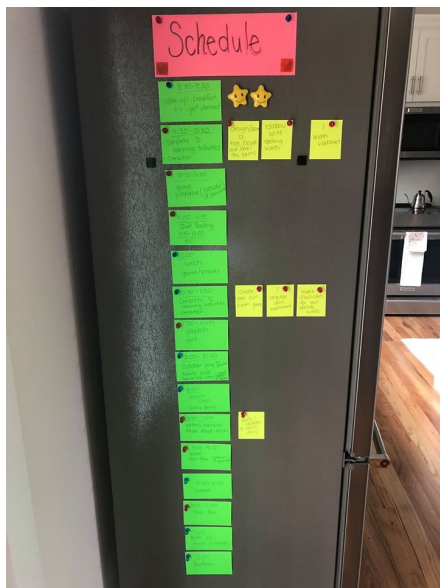
- Mindfulness for children
 - Thrive Global
 - Smiling Mind
 - Sleep Meditations for Kids
- Podcasts
 - Soundwalks
 - Bedtime Explorers
 - Peace Out
- Youtube Videos:
 - [Friendly Wishes | Guided Meditation for Kids | Peace Out](#)
 - [Meditation for Kids - The Butterfly - Kids' Meditation](#)
 - [Guided Meditation for Children | THE GRATITUDE TREE | Kids Meditation for Happiness](#)
 - [Guided Meditation for Children | Your Magical Island | Kids Relaxation](#)
 - [Guided Meditation for Children | Your Secret Treehouse | Relaxation for Kids](#)
 - [Guided Meditation for Kids | The Friendly Whale | Relaxation for Children](#)
 - [Worry Warriors](#)- A series for kids with anxiety, this link will take you to the first video in the series, there are 7 total videos
 - [Cosmic Kids Yoga](#)

Other Schedule Ideas

[Schedule Sample from EdHelper](#)

[Schedule "Recipe" for All Activities](#)

<https://afirm.fpg.unc.edu/build-new-routines>- developing new routines



Index cards on the fridge with sticky notes for specific activities!

Ben's Schedule:

Before 8 - read / listen

8 - Breakfast

8:30 - School work →

10 - Park or Trail w snack

12 - Lunch

1 - Creative work →

2 - Chores/Projects →

3 - Kindle

3:30 - Free Play →

5:30 - Dinner

6 - Family tv or reading

7:30 - Bath

8 - listen/read in bed

8:30 - Bedtime

School Work:

Math
Journal
guided reading
spelling
research + present
write letters

Chores:

clean cars
laundry
bathrooms
wipe + set table
vacuum
sweep porch + patio
yard work
tidy up/organize

Outings: Bryn Coed Trail
Binky Lee Preserve
Sawmill Trail
French Creek Trail

Creative Work:

Drawing
Painting
wood working
baking/cooking
call friends/family
Perler beads
Dancing showcase

Free Play:

sports cards Legos
board games races
Scavenger hunt soccer
obstacle course bonfire
family reading anything!
beyblades

Bridge to Bridge Trl
WV Fields
Pine Creek Fields

COVID-19 DAILY SCHEDULE

© Jessica McHale Photography

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnetiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

Let's Get Kids Moving!

- Keep kids moving with www.Gonoodle.com
- [Physical Activities](#) A doc created by an adaptive PE teacher with activities and additional resource links to create opportunities for movement at home

Academic and Enrichment:

Academic and Supplemental Websites

[Site with comprehensive list of free academic resources](#)

[Behavioral Strategies for Home Based Learning](#)

[123HomeSchool For Me 101 FUN Things To Do During Coronavirus Lockdown](#)

[ABCya](#) - Practice math and reading skills with games

[Amazing Educational Resources](#) - Alphabetical list of hundreds of websites with free subscriptions during school closures

[Amplify Reading](#)- Amplify Reading is a digital, adaptive, student-driven K–5 supplemental literacy program that provides research-based instruction and practice for all students in decoding, fluency, vocabulary, comprehension, and close reading through age-appropriate narrative adventures. (they are adding middle and high soon)

[Art Museum Coloring Books](#) - 113 Art Museum Coloring Books available to download

[Cassie Stephens](#) - Daily video art lessons for art lovers!

[CNN 5 Things You Need to Know Today](#) - great for older students!

[CNN News in 10 Minutes](#) - sign up for daily emails - use this [CNN10 Worksheet](#) if appropriate

[Fairfax County Public Schools Continuity of Learning Plan](#) - Grades PK-12, all subjects

Go Noodle Brain Breaks - website with movement breaks of all kinds!

[Great Minds](#) - Every day on this site, we'll offer newly recorded lessons—free to anyone—from Eureka Math (for Grades K–12), our English language arts curriculum Wit & Wisdom® (K–8), and PhD Science™ (3–5). Customized by grade and module, these coherent and complete video lessons, delivered by our experienced teachers, will be viewable on any device.

[Highlights Kids](#) - Stories, activities, science experiments

[History for Kids](#) - articles, worksheets, quizzes

[Into the Book](#) - Reading Strategy games for kids

[Lalilo](#) - Phonics program for kids

[Science Mom and Math Dad](#) Each show will feature a science lesson, math activities, interactive games, and stories. Streaming LIVE on Facebook and youtube: Monday-Friday 11am-1pm, replays will be available if you miss it live

[NatGeo Kids](#) - Animals and geography for kids!

<http://www.phonicsplaycomics.co.uk/> PhonicsPlay comics are decodable comics featuring familiar characters from PhonicsPlay along with some new friends. They are short, simple, silly comics that can be viewed on screen or printed out. Allowing free access using Username: March20 Password: home

[Raddish Kids Free Cooking Kit and Online Lessons](#) (\$4 shipping for cooking kit)

[Really Great Reading Free Resources](#) free resources for parents and educators for all reading levels

[Scholastic News - Learn At Home](#) - News, Articles, and Interactive Quizzes (PK-12)

[Science Bob](#) - Easy science experiments with videos and direction cards

[Seussville](#) - Dr. Seuss themed literacy games

[Sped Adulting](#) - Adulting made easy - life skills lessons and activities adapted for students with disabilities

[StorylineOnline](#) - Free children's books read aloud with audio/video enhancement

[Squiggle Park](#) - Reading activities and games for ages 3-8

[Switcheroo Zoo](#) - Watch, listen, and play games with animals

[Virtual Field Trips for Kids](#) - over 30 virtual field trips!

[Virtual Museum Tours](#) - 12 museums around the world

*Extension that can be added to your child's device to support learning, includes supports for special education needs:

https://www.controlaltachieve.com/2016/10/special-needs-extensions.html?fbclid=IwAR0XrgZH EzYQVsi6sWrYqabM2LWwJHCQQGptF899pd-F6tB9HANG_xXIbL0&m=1

Language/Communication

- "Thinking and Feeling Words" to Build Your Child's Communication Skills
<http://www.hanen.org/.../Use--Thinking-and-Feeling-Words%E2%8...>
- Language Expansion vs. Language Extension— What's the Difference? Language expansion and language extension are two ways for you to help children develop their expressive language skills.
https://www.superduperinc.com/handou.../pdf/227_LangExpExt.pdf
- Teaching the Fundamentals of Grammar and Syntax at Home
https://www.superduperinc.com/.../233_TeachingFundamentals.pdf
- A Picture is Worth a Thousand Words: The Value of Picture Books
https://www.superduperinc.com/.../.../537_APictureisWorth....pdf
- Sentence-Building Activities
https://www.superduperinc.com/.../pdf/339_SentenceBuilding.pdf
- Fun Ways to Practice Main Idea at Home
https://www.superduperinc.com/.../320_Practice_Main_Idea_at_H...
- The Importance of Teaching Sequencing to Young Children
<https://www.handyhandouts.com/pdf/167%20Sequencing.pdf>
- Communicating With Baby: Tips and Milestones From Birth to Age 5
<https://identifythesigns.org/communicating-with-baby-toolk.../>
- FREE LANGUAGE STUFF! Here you can find hundreds of language worksheets and activities in more than 20 areas. <https://freelanguagestuff.com/>
- Parent Handouts for Articulation
<https://4.files.edl.io/.../134912-f0c929f8-943e-45b6-a042-a7c...>
- For Parents of Pre-Schoolers – The Stuttering Foundation
<https://www.stutteringhelp.org/content/parents-pre-schoolers>
- NARRATIVE ACTIVITY PACK
https://www.cht.nhs.uk/.../Narrative_Activity_Pack_website.pd...

Curriculum Resources

[Autism Helper](#) - FREE 3 weeks of work packets

[Boardmaker Activities to Go](#) - FREE Special Education Curriculum Download (PK-12, adapted) - perfect to reinforce academic skills during academic time each day

[EdHelper Daily Workbook Downloads](#) - FREE leveled downloads DAILY for grades PK-6

[Khan Academy](#) - Free online lessons

[Khan Academy Kids](#) - Learning for ages 2-7

[Math Help for Kids](#) - Posted by EdHelper

[Out of This World Literacy Workbooks](#) - FREE Gr. 1-2 Workbook (3 weeks)

[Out of This World Literacy Workbooks](#) - FREE Gr. 3-4 Workbook (3 weeks)

[Speech Therapy Homework](#) - play based activities

Enrichment Activities/Virtual Field Trips

[5 Field Trips to Canada](#), Activities Included

[Visit the New England Aquarium](#), Activities Included

Disney World- youtube offers videos that others took on the rides

[Atlanta Aquarium](#)

[Art with Mo Willems](#) - Mo Willems invites YOU into his studio every day for his LUNCH DOODLE. Learners worldwide can draw, doodle and explore new ways of writing by visiting Mo's studio virtually once a day for the next few weeks. Grab some paper and pencils, pens, or crayons and join Mo to explore ways of writing and making together. New episodes at 1pm every weekday

[Cincinnati Zoo Home Safari](#) - "Home Safaris" beginning today at 3pm ET. These Home Safaris will be broadcast live on Facebook.

[Enrichment Activities](#) - a comprehensive list of over 250+ activities that can be done online and offline, table indicates the developmental level of each activity, plus the level of parent involvement needed


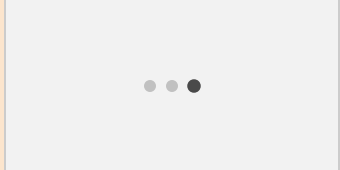



[National Parks](#) Google Earth is offering free virtual tours of 31 parks!

Additional Field Trips

San Diego
Zoo



The [San Diego Zoo](#) has a website just for kids with amazing videos, activities, and games. Enjoy the tour!

<p>Yellowstone National Park Virtual Field Trip</p>		<p>Mud Volcano, Mammoth Hot Springs, and so much more. Tour Yellowstone National Park!</p>
<p>MARS!! !</p>		<p>Explore the surface of Mars on the Curiosity Rover. They are updating from WEBVR to WEBXR now, but 360 Mode offers a digital view!</p>
<p>Animal Cameras</p>		<p>Live Cams at the San Diego Zoo Monterey Bay Aquarium live cams Panda Cam at Zoo Atlanta 6 Animal Cams at Houston Zoo Georgia Aquarium has Jellyfish, Beluga Whales, and more</p>
<p>Virtual Farm Tour</p>		<p>This Canadian site FarmFood 360 offers 11 Virtual Tours of farms from minks, pigs, and cows, to apples and eggs.</p>
<p>U.S. Space and Rocket Museum in Huntsville, AL</p>		<p>See the Saturn 5 Rocket on YouTube and more on this tour thanks to a</p>

	<p>real father/son outing.</p>
<p>Discovery Education Virtual Field Trips</p>	<p>A few of the field trip topics include <u>Polar Bears and the Tundra</u> <u>Social Emotional Skills</u> <u>STEM</u> <u>manufacturing</u></p>
<p>The Louvre</p>	<p>Travel to Paris, France to see amazing works of art at <u>The Louvre</u> with this virtual field trip.</p>
<p>The Great Wall of China</p>	<p>This <u>Virtual Tour</u> of the <u>Great Wall of China</u> is beautiful and makes history come to life.</p>
<p>Boston Children's Museum</p>	<p>Walk through the <u>Boston Children's Museum</u> thanks to Google Maps! <u>This</u> virtual tour allows kids to explore 3 floors of fun.</p>

Podcasts- for kids!

- But Why
- What if World
- Tumble
- Brains On!
- Stories Podcast
- Six Minutes
- Smash, Boom, Best
- The Two Princes
- Ear Snacks
- KiDNuZ - prek-3
- The Past & The Curious
- Book Club for Kids - 5th and up
- Wow in the World
- Tumble
- Stuff You Should Know - grades 8+
- Young Kids only
 - Earth Rangers
 - Animal Sound Safari
 - Pants on Fire
 - Noodle Loaf
 - Circle Round
 - What if World
- Saturday Morning Theatre
- Story Time
- The Unexplainable Disappearance of Mars Patel
- Short & Curly - teaches about ethics/philosophy ages 7-12

PBS Resources:

[Social And Emotional Development](#)

<https://pbskids.org/video/mister-rogers>

<https://www.prairiepublic.org/education/covidresources/>

Online Read Alouds

- Julia Cook- will be reading her children's social emotional learning books live (topics like self-control, compromise, etc.) with fun lessons! Mondays and Fridays at 10am EST [Here](#)
- [Little House in the Big Woods Audiobook: Little House, Book 1](#), being read aloud and can be accessed live and for later listening

Activity Resources

[10 Ball Games for Kids](#)

[Animal Crawl Exercises for Kids with Videos](#)

[Art At Home \(Art Activities\)](#)

[Calm Down Jar](#)

[Fitness Activity Cards](#)

[Foam Dough](#)

<https://rochester.kidsoutandabout.com/content/250-creative-ways-keep-your-family-sane-during-covid-19-crisis#games>

[101 FUN Things to do in Isolation](#)

Outdoor Activities for Families to do Together

Garden Activities:

[Gardening Activities for Kids](#)

[Garden Activities and Crafts for Kids of All Ages](#)

Garden Planning:

[GrowVeg.com: Vegetable Garden Planner | Garden Planning Apps](#)

[11 Free Garden Planners and Programs](#)

[The Best Online Garden Planning Apps](#)

Online Gardening Supplies

[Gardener's Supply: Garden Tools, Planters, Raised Garden Beds +More](#)

[Gardening Supplies](#)

[AM Leonard's Gardener's Edge | Gardening Supplies & Tools](#)

[Garden Center, Garden Tools, Garden Supply, Garden Hose, Garden Equipment, Raised Garden Bed, Tomato Growing, Soil Testing, Gardening Supplies, Pump Sprayers](#)

Online Seed Sales

[Seed Savers Exchange Heirloom Seeds](#)

[Park Seed | Vegetable & Flower Seeds, Plants, Bulbs, Trees & Gardening Supplies](#)

[Johnny's Selected Seeds | Supporting Farms & Gardens Since 1973](#)

Call your local garden center for COVID-19 hours and social distancing policies

Hiking Trails:

[BLUE HILLS RESERVATION](#)

Pond Meadow [Trail Map](#)

Wompatuck State Park: [Download a trail map](#)

Ames Nowell State Park [TRAIL MAP](#)

[AllTrails: Trail Guides & Maps for Hiking, Camping, and Running | AllTrails](#)

Apps

[Kidoodle.TV](#) - Fun and Safe Kids Shows

Facebook

[Science Mom livestreams](#) - M-F, 11-1PM EST, Ages 7-12

[Music w/ Miss Liz livestreams](#) - Early Childhood online music classes

[Cincinnati Zoo Home Safari](#) - Live, daily at 3PM EST

[Cady Hickman, Theater](#) - 10 AM EST, Circle Time for Early Childhood aged learners

Materials

[Self-Adhesive laminating sheets](#) - laminate those schedule pieces without owning a laminator!

[Sensory Bin Kits](#) - sets to create 4 different sensory bins

[Velcro dots](#) - great for schedules, token boards, and agendas while children are at home

[Water beads](#) - great sensory experience! (use caution with children who put items in their mouths) - will need a giant bin or bucket to put them in

YouTube

[Alphabet Rock Song](#) - a way to keep those letters in check!

[Circle Time Hello Song](#) - great way to get the day started for little ones

[Circle Time Days of the Week Song](#) - everyone's favorite, very catchy!

[Circle Time Months of the Year Song](#) - learn those months!

[Illinois Autism Partnership Circle Time Songs](#) - a whole playlist of songs!

[Illinois Autism Partnership Brain Break Songs](#) - a whole playlist of brain breaks!

[Mr. Calvin's Art Room](#) - Video art lessons

[Uptown Funk Dance with Visual Supports](#) - great for exercise, a fan favorite!

How kids and parents can help:

[Here's How You Can Make a Face Mask for Hospitals, Thanks to Joann Fabrics](#)

[How You Can Help During the Coronavirus Outbreak](#)

<http://massnonprofitnet.org/nonprofit-resources/coronavirus-massachusetts-nonprofits/>

[With coronavirus closing schools, here's how you can help food insecure children](#)

<https://www.techgoeshome.org/donate>

Disability Specific Resources:

Dyslexia Specific Resources

Apps

- Lively Letters
- Nessy Apps
- OGStar Reading
- Cursive Writing Wizard
- Simplex Spelling Apps
- Hearbuilder Apps
- Teach Monster
- Word Wizard
- Bd Bakeoff
- Handwriting Without Tears-Wet- Dry- Try
- Snap Words
- What's Changed?
- Speechify
- Zoo-Phonics
- Preschool University
- Name that Syllable/Rule/Cutting Pattern
- SoundLiteracy
- What is Dyslexia
- Dyslexia Quest
- Happy Math Multiplication Rhymes
- Read 2 Me
- Phonics with Phonograms
- Dysegxia
- DD's Dictionary: A Dylexic Dictionary

Audio Books

- Learning Ally
- Epic
- Overdrive
- Bookshare
- RAZ Kids
- Readworks
- NLS for blind & print disabled

Games

- Spot it
- Boggle, Scrabble
- My first bananagrams
- Apples to apples
- Washington Reads Card Games
- Hangman

Podcasts- for kids!

- But Why
- What if World
- Tumble
- Brains On!
- Stories Podcast
- Six Minutes

Websites

- www.lexiaforhome.com
- www.nessy.com
- www.thisreadingmama.com
- www.readingrockets.org
- www.understood.org
- www.Allaboutlearningpress.com
- https://www.controlaltachieve.com/2016/10/special-needs-extensions.html?fbclid=IwAR0XrgZHEzYQVsi6sWrYqabM2LWwJHCQQGptF899pd-F6tB9HANG_xXIbL0&m=1 - Computer supports for dyslexia, text to speech, speech to text, remove distracting elements from the webpage, dyslexia reader that alters fonts to increase readability, etc.

Academic Activities

- Fun Ways to Practice Main Idea at Home
https://www.superduperinc.com/.../320_Practice_Main_Idea_at_H...

- Teaching the Fundamentals of Grammar and Syntax at Home
https://www.superduperinc.com/.../233_TeachingFundamentals.pdf
- A video about dyslexia told by a 6th grade girl in Massachusetts
[Say Dyslexia](#)

Autism Specific Resources

Apps

- Sight Words
- Sequences for Autism
- See, Touch, Learn
- Words on Wheels
- Verbal Me
- Autism iHelp
- Autism/DDT Shapes
- Autism DDT Letters
- Speech with Milo

Academics

- [Autism Helper](#) - FREE 3 weeks of work packets
- Facebook page: AutismLevelUP - has activities to meet all needs: academic, sensory, regulation, etc.

Behavioral Support

- [Corona Specific Supports](#)- handwashing, emotional control, etc. from the University of North Carolina
- [Visuals for students with Autism](#) - The Indiana Resource Center for Autism just sent out some visual supports to help student with Autism (and other needs) through these difficult times.
- Use visuals. The use of visuals helps decrease anxiety and helps structure the day: Include daily responsibilities each family member will have (dishes, making beds, putting laundry away, etc. as well as outdoor time and academic learning.
https://drive.google.com/file/d/1uJsAK1Hz7FWp_o9-FSPiO3ya6Co0eYar/view.
- Schedules, token boards and resources: <http://l.ead.me/bbTE3n?trackSharing=1>:
- [Autism School Closure Toolkit](#) Includes visuals and schedules for school closings

Visually Impaired Specific Resources

Apps

- ViA
- Dragon Dictation
- Light Detector
- Color ID
- TapTapSee
- Be My Eyes - Helping Blind See
- Talking Calculator
- SayText
- AccessNote
- Visual Brailier

Hearing Impaired Resources

- [Picture Books read in ASL](#)

Writing Difficulties/Disabled Specific Resources

Apps

- The Writing Machine
- iWrite Words
- Letter School
- Aloha Writed
- ABC Pocket Phonics
- Word Magic

Academic Activities

- NARRATIVE ACTIVITY PACK
https://www.cht.nhs.uk/.../Narrative_Activity_Pack_website.pd...
- Fun Ways to Practice Main Idea at Home
https://www.superduperinc.com/.../320_Practice_Main_Idea_at_H...
- Teaching the Fundamentals of Grammar and Syntax at Home
https://www.superduperinc.com/.../233_TeachingFundamentals.pdf

- Sentence-Building Activities
https://www.superduperinc.com/.../pdf/339_SentenceBuilding.pdf

No Internet, No Problem, Screen Free Enrichment Activities:

EDUCATIONAL BOREDOM BUSTERS!!! 👍📦

- Interview a family member.
- Measure the area and perimeter of each room in your home.
- Graph the types of birds that frequent your yard or windows.
- Be completely silent for 60 minutes, then write about the experience.
- Write and mail a [real] letter to your teacher or principal or classroom penpal. Address the envelope yourself.
- Build a "fable fort" out of blankets and chairs. Camp in it all day while you create stories to tell your family over dinner.
- Learn morse code and use it to communicate with your siblings through walls and floors.
- Alphabetize the spices in your kitchen.
- Stay up late and stargaze.
- Call a grandparent or older relative. Ask them to teach you the words to a song from their childhood days.
- Using household materials, build a working rain gauge, barometer, and wind vane.
- Determine and chart the times that different liquids require to turn solid in the freezer.
- Design and build puppets that perform a show about multiplication.
- Construct a family tree.
- Learn ten new big words. Write them in marker on your bathroom mirror.
- Draw a map of your home.
- Sit silently for 15 minutes while you write down every sound you hear. When you are done, classify the sounds (high/low pitch, high/low volume, manmade v. naturally occurring, etc.).
- Create a Venn Diagram that compares and contrasts two people in your family, your neighborhood, or your church, mosque, or temple.
- Learn, practice, and perform a magic trick.
- Learn, practice, and tell three new jokes.
- Use household materials to make and play stringed, percussion, and wind instruments.
- Learn to shine a pair of shoes.
- Collect leaves from ten different (non-harmful) plants. Sort them by size, color, and texture.
- Put your favorite book, toy, and keepsake on a small table in sunlight. Draw or paint a full color still life.
- Find, pick, and dissect a flower.
- If you have stairs, walk up and count them. Walk down and count by twos. Walk up and count by threes. Continue through tens.
- Determine the volumes of ten containers, then display them in order on your porch.
- Write a poem on your sidewalk using chalk.
- Classify twenty everyday objects by shape, size, color, height, mass, and material.

- Measure the length of your bed using five different nonstandard units.
- Call a person who speaks a language you do not. Ask them to teach you five common words or phrases.
- Create and use a secret code.
- Using one type of paper (constant), build three different paper airplanes (independent variable) and test to see how far they fly (dependent variable).
- Set a clock three hours and seven minutes ahead. Whenever someone needs to know the time, help them figure it out by subtracting.
- Write down every adjective you say for one full day.
- Learn three new jokes. Tell them to an aunt or uncle.
- Design a map of every state ever visited by people in your family.
- Write or tell a story titled "What if humans had to leave the Earth and no one remembered to turn off the last robot?"
- Find ten rocks smaller than a dime.
- Using paper, tape, and string, design, build, and test a device that warns you when someone opens the kitchen cabinet.
- Imagine, create, and fly a full size flag that tells the world about you.
- Make puppets and have the kid/s put on a puppet show (puppets could be made from toilet paper rolls)
- Make paper airlines and see whos can fly the furthest

Non-screen activities you can do at home
 What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.

1 How many different words can you make from the letters in this sentence, below? Grab a pencil and paper and write a list.
Learning from home is fun!

2 Thank a community hero. Think of someone that helps you in some way and write a short letter to thank them.
Thanks!

3 Get building! You could build a Lego model, a tower of playing cards or something else!

4 Can you create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?

5 Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?

6 Hold a photo session. Use a camera or a mobile phone to take some snaps. What will your photographs? Your pets or huge potatoes?

7 Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!

8 Use an old sock to create a puppet. Can you put on a puppet show for someone?

9 Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?

10 Design and make a homemade board game and play it with your family.

11 Do something kind for someone. Can you pay them a compliment, make them something or help them with a task?

12 Can you create a story bag? Find a bag and collect items to go in it that relate to a well-known story. If you can't find an item, you could draw a picture to include.

13 List making! Write a list of things that make you happy, things you're grateful for or things you are good at.

14 Design and make an substitute course at home or in the garden. How neat can you complete it?

15 Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description.

16 Keep moving! Make up a dance routine to your favourite song.

17 Write a play script. Can you act it out to other people?

18 Read out loud to someone. Remember to read with expression.

19 Write a song or rap about your favourite music.

20 Get sketching! Find a photograph or picture of a person, place or object and sketch it.

21 Junk modelling! Collect and recycle materials such as cardboard, paper, toilet rolls and boxes and see what you can create with them.

22 Draw a map of your local area and highlight interesting landmarks.

23 Write a postcard to your teacher. Can you tell them what you like most about their class?

24 Draw a view. Look out of your window and draw what you see.

25 Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?

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 25 Ideas!
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