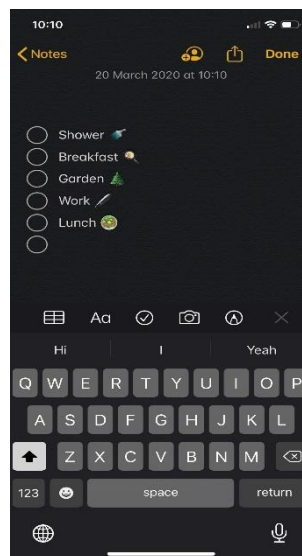
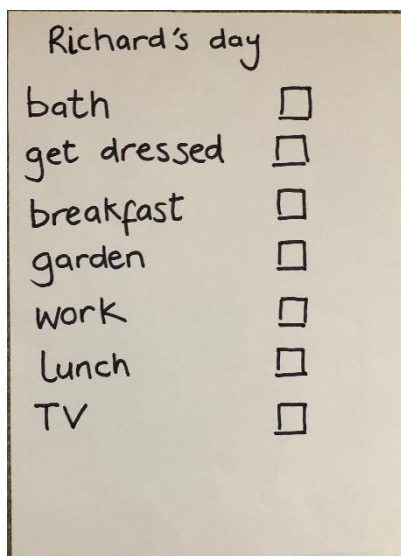


**Strategies**

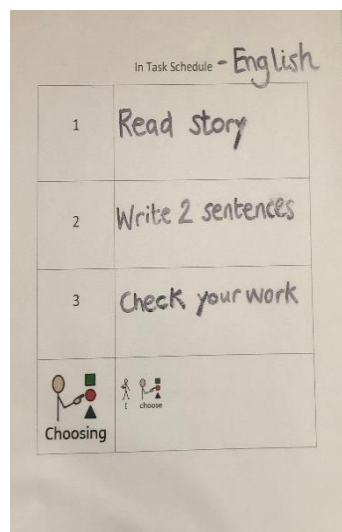
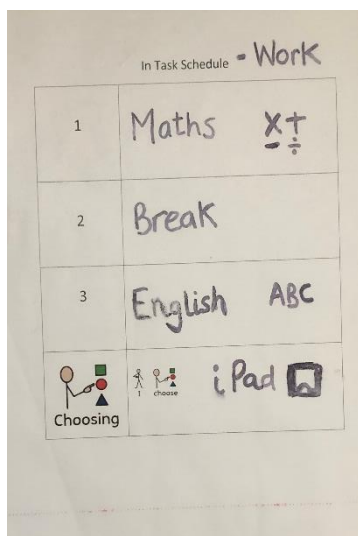
• **Visual Supports - Visual Timetable**

Use a small whiteboard or even on your phone. Remember the benefit of the timetable is you can change it! Please change and amend throughout the week. The purpose of the visual timetable is to decrease anxiety and increase motivation. Don't forget to schedule in a 'parent break' where appropriate.



• **Visual Supports - Task Checklist**

Use a task checklist to break down individual tasks. Don't be afraid to draw pictures or use technology. You can break it down and then break it down again.



- **Comic Strip Conversations** are a technique developed by Carol Gray to help autistic people develop greater social understanding. These are useful for unpicking a difficult situation after it has occurred. You should always wait 24 hours after the incident before using this approach. You can find out more about Comic Strip Conversations including some resources to get you started [here](#).
- **The Homunculi Approach to Social And Emotional Wellbeing** is a flexible CBT programme for Autistic Young People by Anne Greig and Tommy Mackay that builds social and emotional resilience. Please find the link to the book that supports this programme [here](#).
- **Power Card Stories** are a strategy to develop social communication by explicitly teaching by developing social understanding. The power card strategy is another way to use a student's special interest as a tool for support. A power card PowerPoint that can be adapted for any support with any character is in the resources section.
- **The Incredible 5 Point Scale** developed by Kari Dunn and Mitzi Curtis helps children and young people to identify how they are feeling on a visual scale of 1-5 and gives them strategies to try and use before their arousal levels escalate. Resources can be found in the resources section.
- **Zones of Regulation** - The Zones is a systematic, cognitive behavioural approach used to teach self-regulation by categorizing all the different ways we feel and states of alertness we experience into four concrete coloured zones. Find more information and resources [here](#).
- **Sensory Circuits** is a short sensory motor circuit that prepares children to engage effectively with the day ahead. Behavioural clues such as fidgeting, poor concentration, excessive physical contact or overall lethargy can indicate that a child is finding it difficult to connect with the learning process. "Sensory Circuits" are a great way to energise or settle children into the school day. The book to support this intervention can be found [here](#).

If you aren't aware already it is worth checking with your child's SENDCO what Emotional Regulation Plans are in place at school and can be replicated at home.

### Activities

We have written these activities with your child/ young person in mind. We have addressed the learner directly with our Activity ideas. Some of these reference Autism so should only be set as a task if your child/ young person is aware of their diagnosis and happy to engage.

#### **Learning Activities**

- **Autism Hero Project**

Create an Autism hero Power Point. Research and present using the Barnet Autism Team's power point template attached in the resources section.

You can email this to [autism.team@barnet.gov.uk](mailto:autism.team@barnet.gov.uk). We would love to see what you have come up with. We may be in touch to say ask if we can use what you come up with in future trainings. You do not have to say yes to this.

- **My Special Interest Projects**

Make a Power Point for your family about your special interest. Try using the following prompts

- a. My favourite interest is \_\_\_\_\_
- b. This is because
- c. Some things you need to know about \_\_\_\_\_
- d. I became interested in \_\_\_\_\_ when I was \_\_\_\_\_ years old
- e. My special interest makes me feel \_\_\_\_\_

Put lots of pictures from google images into your presentation. Use the Barnet Autism Team's template presentation in the resources section

- **My Special Interest Poster**

Do a poster about your favourite interest explaining why it is so important.

- **Sensory Detective Presentation**

Make a Power Point for your family to explain to them what you like and don't like and how they can help. You can access a template in the resources section.

- **Sensory Detective Poster**

Make a poster to hang up in your house to help everyone remember what you discovered about your sensory likes/dislikes. There are two templates in the resources section.

- **Ideal School**

Draw your ideal school. Include ideas about the classrooms, outside spaces, and social spaces. Use the sensory information from the activity above as well as thinking about your special interest.

### Fun Activities

- **Sensory Recipes**

Fun Sensory Recipes to do at home can be found in the resources section.

- **Cooking**

Get Cooking as a family and make healthy recipes with easy to follow visual recipes from the Change 4 Life website [here](#).

- **Shake-Up**

Change 4 Life and Disney have teamed up again to bring you new Shake Up games inspired by Disney Pixar's Toy Story 4 and Incredibles 2, and Disney's The Lion King and Frozen. These 10 minute burst of fun really get you moving and count towards the 60 active minutes you need every day. You can find the shake-ups [here](#).

- **Indoor Activities**

Get active at home and keep moving with Change 4 Life's Disney inspired Games and Activities [here](#).

- **My Special Interest Art Project**  
Paint/Draw/Make a book about your special interest.
- **Friends and Family**  
Paint/Draw/Make a card or letter to a family member that you are missing. You can post the letter when you go out for a walk.
- **Fun in the Future**  
When you think of something you want to do and can't because of current restrictions, write it down and put it in a jar. This then becomes a list of things to do in the future.
- **Dream Holiday**  
Research and plan your next holiday - use the following framework as a guide:  
Where would you go?  
Who would go?  
What would you eat?  
What places would you go to?  
Plan every day's activities.

Do it in PowerPoint on the template in the resources folder. Cut and paste pictures from Google.

### Websites

Here is a list of Websites we recommend:

- [Widgit Online](#) allows you to create visual, communication and learning supports in your web browser using over 18,000 Widgit Symbols and hundreds of easy-to-use templates.
- [Twinkl](#) is home of teacher-created [planning](#) and [assessment](#) materials and teaching resources! Perfect for inside and outside the classroom. They have created specialised home learning activities for a range of abilities to suit your learner. Twinkl have produced free School Closure Home Learning resource packs for parents of primary school children.

- [Boardmaker](#) Symbol-adapted materials 30 day trial
- [The National Autistic Society](#) has information about coronavirus and tips for autistic people and families including the Autism Helpline.
- [The Autism Education Trust](#) includes a useful section for parents and carers.
- [The Aspergers Foundation](#) is a charity providing quality and specialist support or services to children and adults with this difference including online webinars.
- [The Spectrum Magazine](#) can be downloaded from the National Autistic Society.
- A Different Joy - <https://www.differentjoy.com/ADJClubNewsletterSignUp>

### **Further Websites with resources for children and young people**

[A Maths Dictionary for Kids](#) Over 630 simplified mathematical terms along with more than 270 free printable maths posters that you can hang up around the house.

[BBC History for Kids](#) -A great resource for learning all about the past

[BBC's Ten Pieces](#) encourages 7-14 year-olds to get creative with classical music and offers resources for those who are hearing impaired.

[Bitesize](#) Free curriculum resources ages 3 to post-16

[BookTrust](#) makes story time fun for the whole family with character quizzes, illustration tutorials, and interactive games,

[BP Educational Service](#) Discover the power of STEM with balloon rocket experiments and learn what happens when sugar dissolves into tea along with a bunch of other cool experiments for ages 4-19.

[CBeebies Make & Colour](#) Waffle the Wonder Dog, Peter Rabbit, and Mr Tumble are just some of the characters you can learn to paint and create with on the website.

[Crayola](#) Get colourful with these Crayola print outs.

[Crickweb](#) 252 free interactive educational resources and activities for kids aged 4-11.

[DKfindout!](#), Explore subjects as broad as transport, space, dinosaurs and computer coding assisted by quizzes and videos.

[Education City](#) FREE teacher resource packs for download

[Love Biology](#) Dubbed "the ultimate GCSE biology quiz site" it is all about multiple choice with 1500 questions for kids to work their way through.

[Science Museum](#) The website is packed full of creative games and activities.

[Tate Kids](#) Access craft tutorials like soap carving or textile weaving, create artwork in the style of Warhol and even submit artwork to be displayed in the online gallery.

[Wildlife Watch](#) Learn how to make a bird feeder, a snow globe or even binoculars. With Wildlife Watch children can do all this and more while learning about animals and the environment.