

Strategies

- Reassure your child that many things will stay the same in this unpredictable time of need (Idea: Make a list of what stays the same and what may be different - please see example.) Focus on positives (Idea: collect stones that you could paint and leave positive messages on - 'smile' 'Be kind' - then leave for others to find on a walk).
- Allow time for your child to process and become accustomed to the NEW way of working - allow them plenty of time to engage in satisfying and calming activities of their own choosing.
- It is important to offer choices at this time to help your child feel like they are getting back some control over the situation. Get them involved in planning their day e.g. 'do you want to go for a walk this morning or this afternoon?' 'would you like to do painting or baking?'. Try to offer no more than two choices as it can otherwise become overwhelming.
- Talk to your children about the Corona Virus if you want to and feel it will be helpful. Discuss what is happening at their level and reassure them you and other family members are there to support them (Resources: social stories by Carol Gray [PDF Pandemics and the Coronavirus](#), The stay at home superheroes YouTube - Dave the Dog Corona Virus and Don't you worry little bear). You can use comic strip - see resource folder for conversations to help your child understand the situation better - see information in resources.
- Create a daily schedule for routines and expectations to help lower anxiety. Create a balance between expected activities and choice activities - create a choice board of favourite activities and these can be offered at intervals throughout the day alongside schoolwork. Don't focus too much on trying to teach them, if they can and want to do it encourage it, otherwise look for learning opportunities during daily activities (see ideas for a timetable of daily online streaming activities).

- Create a daily opportunity for fresh air and exercise - this could mean a walk or bike ride, going out on a scooter or simply exercising in the garden. Alternatively create a time where your child can follow an online physical activity that works for them. This could be a fun activity for the whole family to do together (see list in websites.)
- Use timers - consider how long your child can sit and focus for and set a timer for this period. Break sessions up with plenty of movement and sensory breaks. In-task checklist and now and next (See ideas in resources.)
- Create household rules that everyone in the family will stick to - ensure your child contributes to this and the rules are not just for them. Make this into a visual that they can help create and hang it where everyone can see it.
- Reward your child and yourself for your achievements. Create a fun and achievable reward chart that can be displayed on the wall. Set clear goals and ensure they are achievable, encourage your child/children to reward each other and yourself for doing what is expected - rather look at what you can do rather than what you can't - see examples in resources.
- Talk about feelings and emotions using visual supports such as emotion cards, social stories, 5 point scale and comic strip conversations to help your child understand their emotions and know what to do to help them regulate. Create strategies that help them feel calm or to re-regulated such as stimming, talking, checking their timetable, going to a low sensory/ safe space, reading taking a walk, breathing etc. - link to Zones and see resources.
- Allow some relaxation time for yourself to recharge your batteries and rejuvenate. You are doing a fantastic job and you can only do what is in your power right now. These are difficult times - be kind to yourself - Headspace or other apps.

Activities

- Create a PowerPoint of your Autism Hero - see template in resources
- Build LEGO by following the 30 day challenge or with Lego instructions -
<https://www.lego.com/en-gb/themes/classic/building-instructions>
<https://letsbuilditagain.com/>
- Make your own sensory toys
<https://www.dyncrafts.com/15322/home/parenting/30-diy-sensory-toys-and-games-to-stimulate-your-childs-creative-growth>
- Grow your own herb garden or create your own sensory garden -
<https://schoolgardening.rhs.org.uk/resources/info-sheet/plants-for-a-sensory-garden>

http://www.bbc.co.uk/gardening/gardening_with_children/plantstotry_sensory.shtml
- Sensory play - see resource list for ideas
- Doodle, colour, painting or draw -
<https://www.youtube.com/watch?v=OrU91VI6BSI>
<https://www.justcolor.net/kids/educational-coloring-pages/doodle-art/>
- Scavenger hunt - see resource folder/ Learning Scavenger hunt
- Video calling friends and family - facetime/Zoom/skype/Houseparty
- Physical Activity - Sensory Activity - see resource folder, yoga - see website list

London Borough of Barnet Autism Advisory Team

Language Partner: Top Tips

- Technology Time, How to Code -
www.tynker.com

<http://www.crunchzilla.com/code-monster>

Daily activities that incorporate learning opportunities:

- Independent skills: Making their bed, dressing themselves, washing themselves, making their lunch, Household chores.
- Maths: pairing socks, weighing ingredients for cooking.
- Science: Looking at how the world works and other science activities - see website list
- Baking: Baking and cooking to encourage good eating - for all ages

<https://www.bbcgoodfood.com/recipes/collection/kids-baking>

<https://www.eatsamazing.co.uk/family-friendly-recipes/easy-recipes-for-kids/50-healthy-recipes-to-cook-with-toddlers>

Websites

Education and learning

<https://www.brainpop.com/Science>

<https://mommypoppins.com/kids/50-easy-science-experiments-for-kids-fun-educational-activities-using-household-stuff>

<https://astroquest.net.au> - complete online quests to help Australian scientists understand how galaxies grow and evolve

www.mysteryscience.com - free 1 year membership

[Kids poems and stories with Michael Rosen on you tube](#)

[One audio story for free every day at www.worldofdavidwalliams.com](http://www.worldofdavidwalliams.com)

www.drfrstmaths.com - free database of resources

www.bedtimemath.org - fun, offline maths activities

www.parallel.org.uk - weekly 15 minute maths challenges

<https://www.dkfindout.com/uk/transport/history-trains/>

<https://play.thomasandfriends.com/en-gb/games>

<https://www.topmarks.co.uk/maths-games/mental-maths-train>

<https://pbskids.org/dinosaurtrain/games/>

<https://zoo.sandiegozoo.org/cams/panda-cam>

<https://www.rspb.org.uk/>

<https://animalfactguide.com/>

www.tynker.com - coding for kids

<https://education.minecraft.net> - learning activities

Arts and crafts

<https://www.kitchentableclassroom.com/online-art-classes-for-kids/>

<https://sketch.io/sketchpad/>

<http://www.doodle-art-alley.com/doodle-art-activities.html>

[Art for kids Hub on youtube](#)

www.gluedtomycraftsblog.com - great ideas for creative artwork

www.redtedart.com

www.easypeasyandfun.com

www.artbarblog.com

Physical activities, Wellbeing Games and indoor activities

Cosmic Kids Yoga on YouTube - Yoga and Mindfulness for kids.

<https://www.gonoodle.com/>

www.bbc.co.uk/teach/supermovers

imoves.com

[Daily fine motor skills activities available on Griffin OT-You Tube](#)

Daily streaming activities

9am - PE with Joe Wicks - youtube.com/thebodycoach

10 am - Music with Myleen Klass - youtube.com/myleensmusicclass

11am - Science with Maddie Moate - youtube.com/maddiemoate

11:30am - Dance with Oti Mabuse - youtube.com/otimabuseofficial

13:00 - Maths with Carol Vorderman - themathsfactor.com

14:00 - History with Dan Snow - tv.historyhit.com

15:00 - English with David Walliams - worldofdavidwalliams.com

17:30 - Food tech with Jamie Oliver - channel4.com/keepcookingandcarryon

Australian reptile park's facebook - live streaming at 2pm every day.

Educational videos 10am on [@timswildlife](#) (Facebook and Instagram).

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