School Closure Toolkit

Version 1.0 3/14/20

Schedules
Token Board
Resources

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School Closure Autism Toolkit – Directions for Use

We are hopeful that this toolkit will help support your child at home during this time of uncertainty. For a child with autism, visual supports can help to decrease anxiety and increase independence across all settings. This toolkit provides you with all that you will need to help structure your child’s day at home, no matter his/her age.

Things I Can Do At Home: This page can be used for either A) category labels for you to house all of your schedule pieces or B) a color coding reference key.

Sensory, Life Skills, Academics, Movement, Leisure: These pages provide you with schedule pieces under each domain. You can either A) cut the pieces out to use in individual schedules or B) use the page as a choice board to reference during that activity time.

Schedule Pieces: While our toolkit focuses mainly on creating structured “chunks” of your day, we have also included full day schedule pieces if you would like to put a full schedule on your fridge or wall.

Extras: Missing a schedule, activity, or reward piece that isn’t included in the toolkit? Tape a wrapper/label, print a picture, draw your own simple picture, or write the word on the piece to customize your own pieces. If you are a teacher or clinician and have access to Boardmaker Online, you can edit your own pieces by searching for Activity #29724776.

Choice Board: This is an optional page. If your child is overwhelmed by too many choices OR some of the schedule pieces are not options in your home, you can cut out a smaller number of choices and stick them on this board for your child to choose from. This can also be used as a reward choice board.

Finished Pieces: If you choose to use each domain (Sensory, Life Skills, Academics, Movement, Leisure) as a “choice” board and would like to keep track of which activities you’ve completed, you can use these green checks to cover up each schedule piece.

Token Boards: If your child needs a little motivation to get started with adult-directed activities, you can use the token board to help keep him/her on track. Choose 1-3 target behaviors you wish for your child to display, choose a reward, and fill in the circles as your child does what is asked. Seeing the circles fill will show him/her that he/she is close to earning a reward. You can color the circles, use stickers, or add Velcro pieces.
First/Then Board (Form A): This board is for an emerging learner who does better with only a few schedule pieces at a time. Place one non-preferred schedule piece on the left (first) and one preferred activity on the right (then). Repeat this throughout the day.

Activity Schedule (Form B): This board is for a child who understands schedules and is used to using one. You can either A) glue/tape [pre-selected] schedule pieces on top of each colored activity (child can help choose if appropriate) or B) follow this schedule as listed and when you get to each color, pull out the colored schedule boards for that activity and let your child choose). The color coding will help you follow the same “routine” each day, but the activities will change.

Agenda (Form C): This board is for an older child who can write the activities in each box OR if you don’t wish to follow the color coded order of skill domains (e.g. you are doing 5 academic activities or 5 life skills activities during the day).

To Do List (Form D): This board is for an older child who is a reader and/or writer. Activities can be listed in the order to be completed (either from our examples or anywhere else). When each item has been finished, the child or adult can check the box that it has been completed.

For additional curriculum ideas and support, please click HERE for an up to date list of online resources available to you, which has been compiled for families with children with autism. (Also available at the end of this packet).
Things I Can Do at Home

- Sensory
- Life Skills
- Academics
- Movement
- Leisure
take a bubble bath
shaving cream on table
play doh
trampoline
swing
spin
sensory bin
hugs and squeezes
dance
painting
strings
slime
sensory bottle
blow up/play balloons
guess the smell
simon says
bean bag break
burrito
Life Skills

- Unload dishwasher
- Laundry
- Take trash out
- Sorting silverware
- Pair socks
- Folding
- Wash car
- Chore cards
- Money practice
- Yardwork
- Cooking
- Make beds
- Vacuum
- Sweeping
- Put clothes away
- Put toys away
- Do dishes
- Chores
Academics

Unique Learning System
Learning Games
reading
science
writing
Aa Bb Cc
Dd Ee Ff
letters

Activities to Go
learning games
math
social studies
file folder activity
numbers

sorting
vocabulary
worksheet
homework packet
work boxes
money
Movement

- yoga
- walk
- swingset
- play outside
- dance
- trampoline
- soccer
- run
- obstacle course
- animal races
- hallway bowling
- pillow fight
- smash bubbles
- wall push ups
- stairs
- jump rope
- walk the dog
- basketball

Easterseals Chicago - Illinois Autism
<table>
<thead>
<tr>
<th>Drawing</th>
<th>Games</th>
<th>Play</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blocks</td>
<td>Water Play</td>
<td>Play Doh</td>
</tr>
<tr>
<td>Dolls</td>
<td>Puzzles</td>
<td>Art Project</td>
</tr>
<tr>
<td>Read Books</td>
<td>Play Outside</td>
<td>Ride Bike</td>
</tr>
<tr>
<td>Watch TV</td>
<td>YouTube</td>
<td>Listen to Music</td>
</tr>
<tr>
<td>Card Game</td>
<td>Computer</td>
<td>iPad</td>
</tr>
</tbody>
</table>
Daily Schedule

- breakfast
- brush teeth
- bathroom
- snack
- lunch
- pajamas on
- nap
- rest
- dinner
- exercise
- community
- doctor
- car
- clean
- bedtime
- Activity Schedule
- get dressed
- hang out

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Draw and/or write any extra pieces you need for your child's schedule.
Put available choices on this board and let your child choose activities.
Finished Pieces

Use these pieces to cover up finished activities.
Token Boards

My Rules:

- safe hands
- quiet mouth
- listen
- safe feet
- hands in lap
- safe choices
- stay in chair
- nice words
- share
- calm body
- ask for break
- safe body

Working for...

Use these token boards to help motivate your child to stay on track.
First/Then Board

Add a non-preferred (First) activity and a preferred (Then) activity.

First/Then Board

Add a non-preferred (First) activity and a preferred (Then) activity.
Agenda

First:

Finished

Then:

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Date: __________________________________________

To Do List:

1. ____________________________________________
2. ____________________________________________
3. ____________________________________________
4. ____________________________________________
5. ____________________________________________
6. ____________________________________________
7. ____________________________________________
8. ____________________________________________
9. ____________________________________________
10. ____________________________________________

When I finish my to do list, I can have free time.
Click here for Online Resources

Recommended resources including apps, livestreams, curriculum supports, visual supports, subscriptions, websites, and other resources.