Parent Sample Support Pack

Page 1: Common visuals for art, writing, computers, cooking, reading, sensory, choice, maths, GMS, lunch, FMS and I need a break.

Page 2: Simple first/then or Now/Next board which fit visuals above.

Page 3: Simple token economy (dinosaur theme) to help to engage and motivate your child to complete work.

Page 4-5: Combined token economy and first/then board or now/next board again to keep the full system of using a schedule and rewarding all efforts to increase engagement and motivation.

Page 6: Feelings choice board to do regular feelings check ins.

**Page 7:** Zones feelings check in and regulation with strategies to support remaining calm and focused.

Page 8: A sampler of mini movement and brain breaks to use for break times or as stand alone activities.

Page 9: A sampler of yoga visual choice board: including 8 visuals to support mindfulness, exercise and regulation.

Page 10: A sampler of Fine Motor Skills activities to continue to develop and sustain skills in these areas.
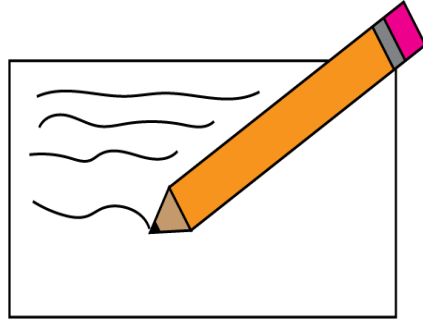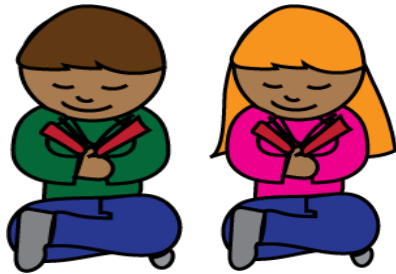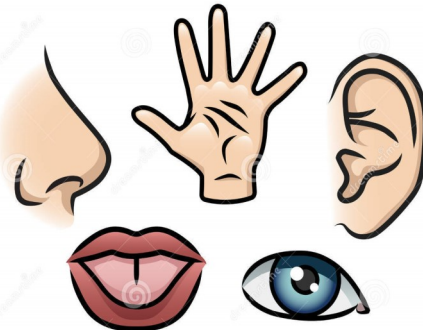
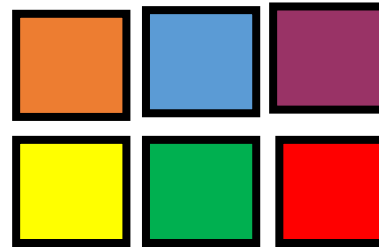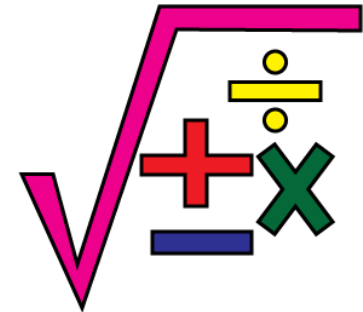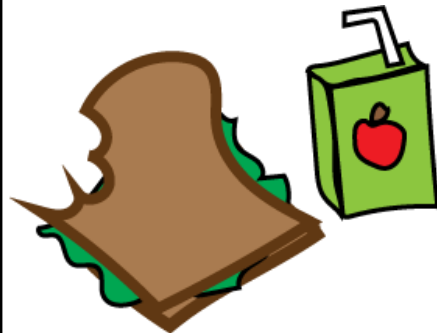|			
Art	Writing	Computers	Cooking
Reading	Sensory	Choice	Maths
Gross Motor	Lunch	Fine Motor	I need a break

Then

First

Next

Now
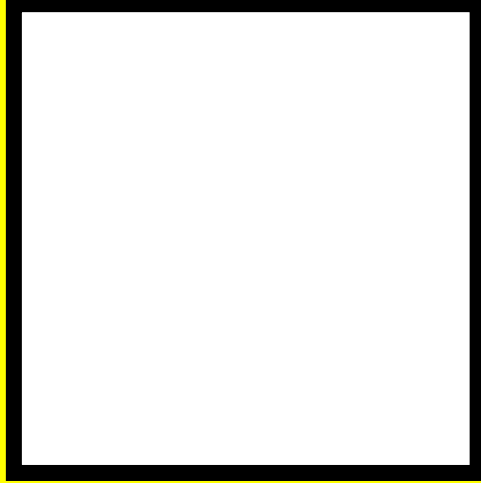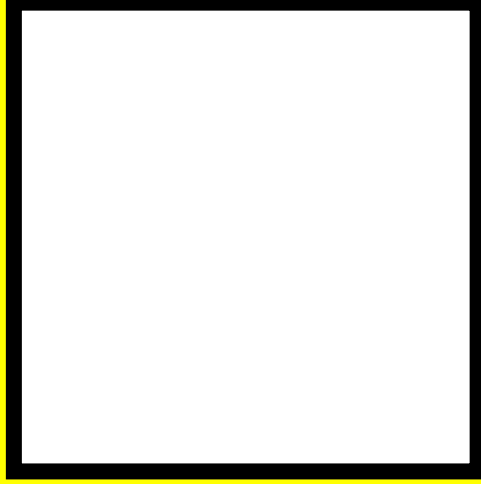
My token chart

Now

Next

❌
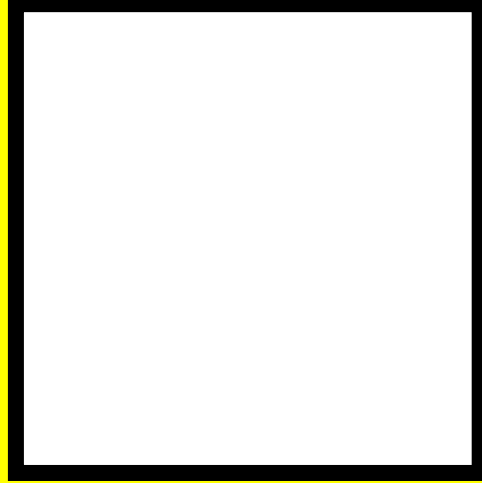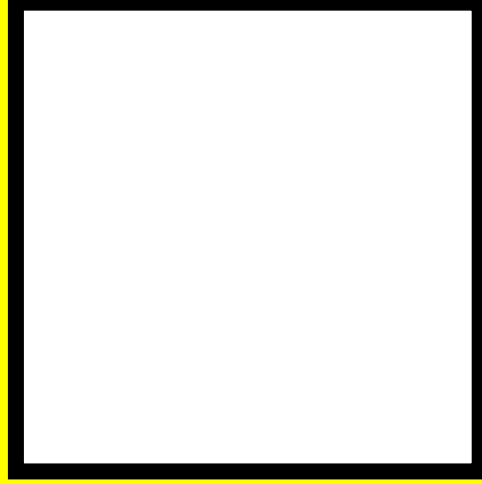
@ASDCreationStation
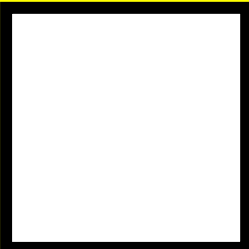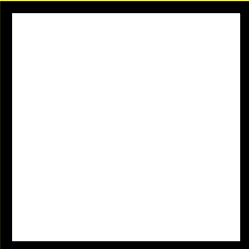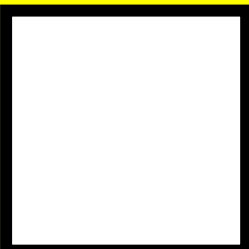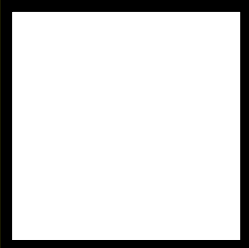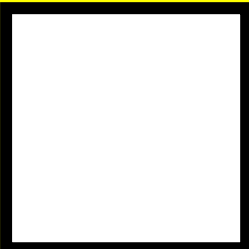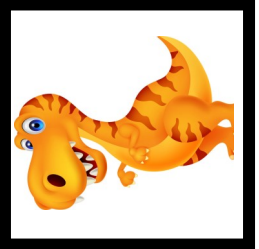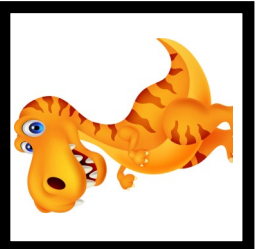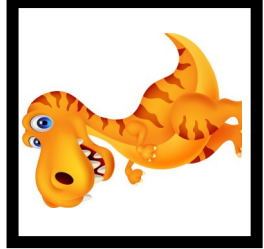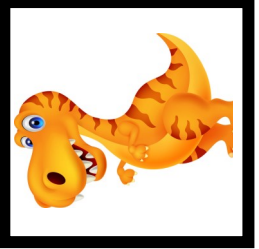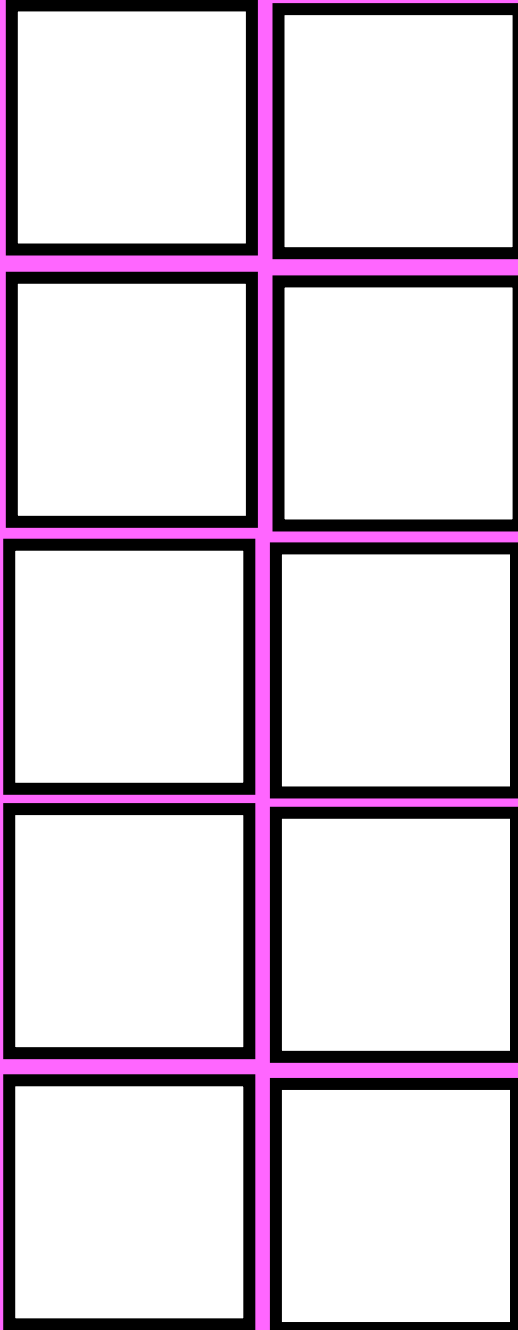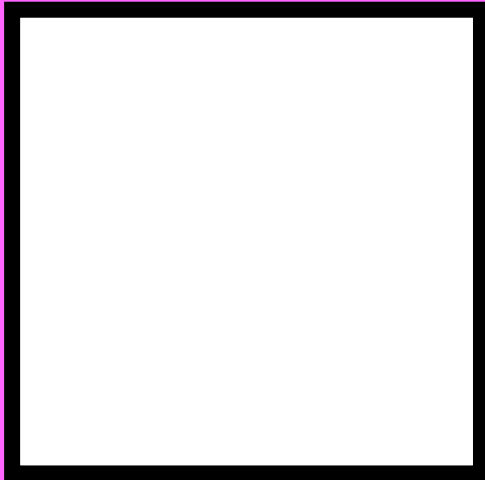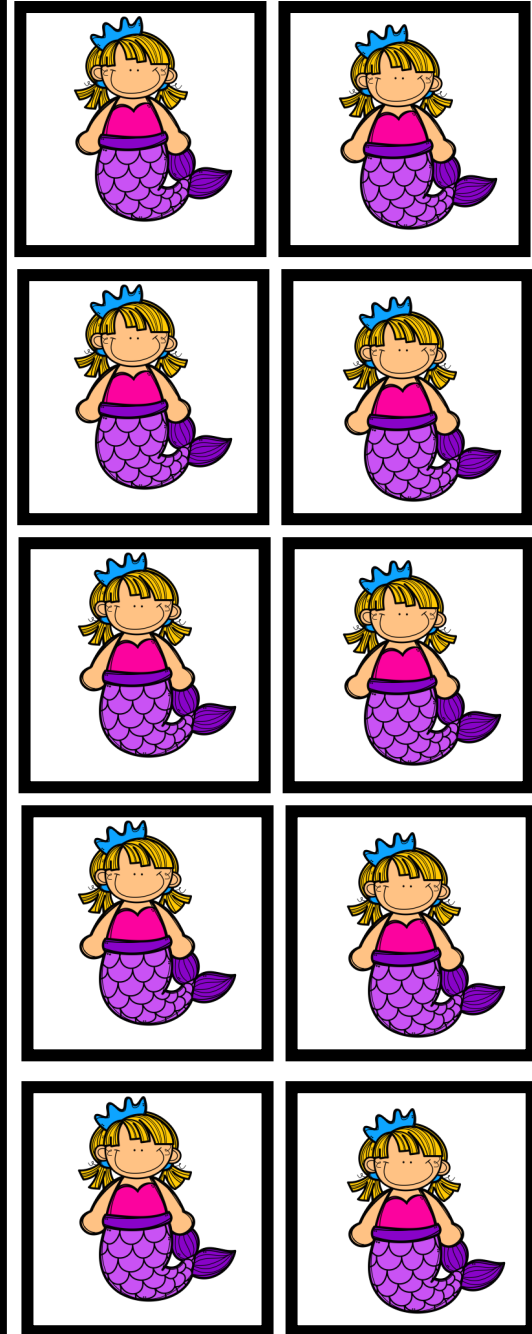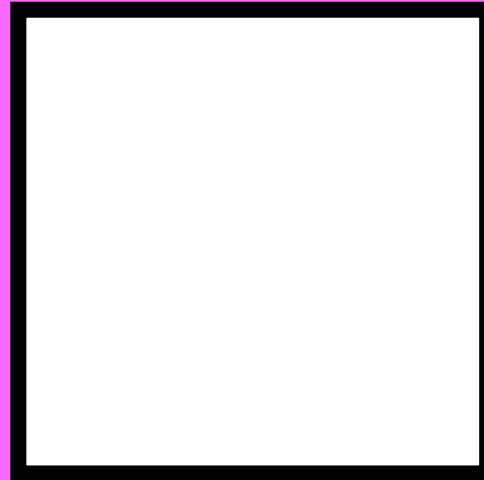
First
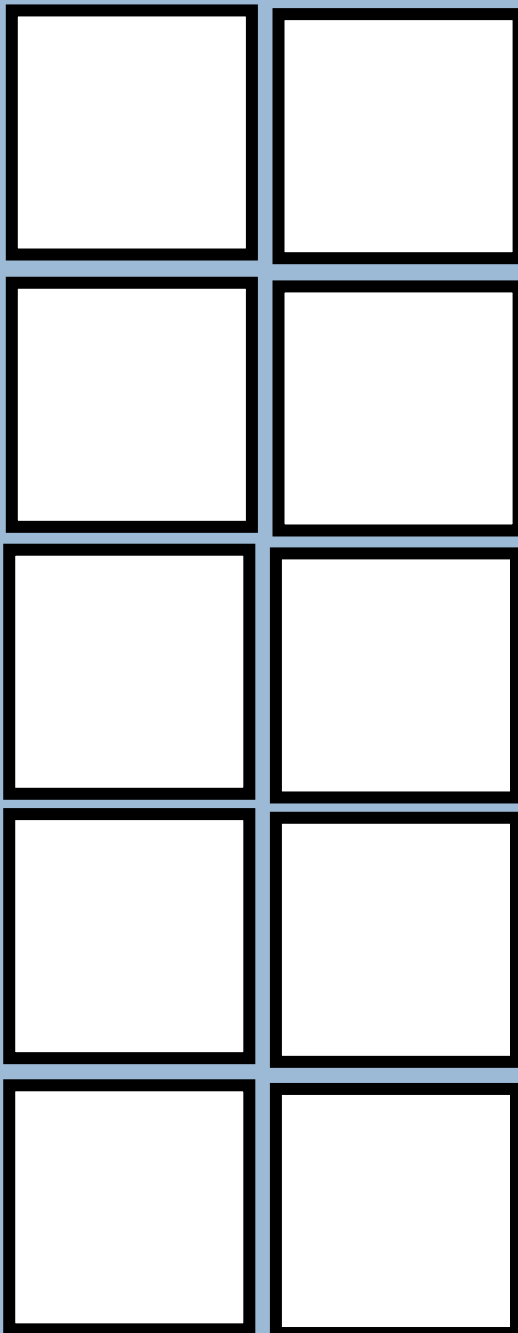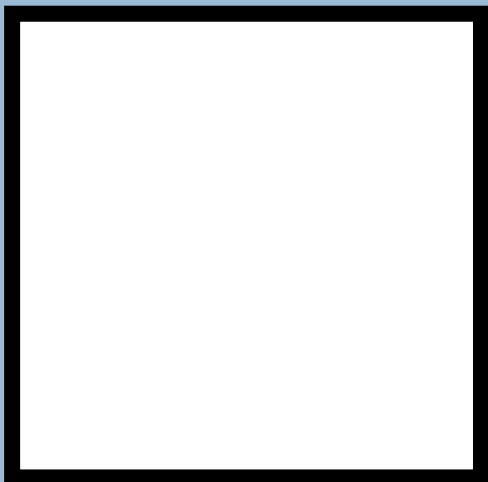
Then
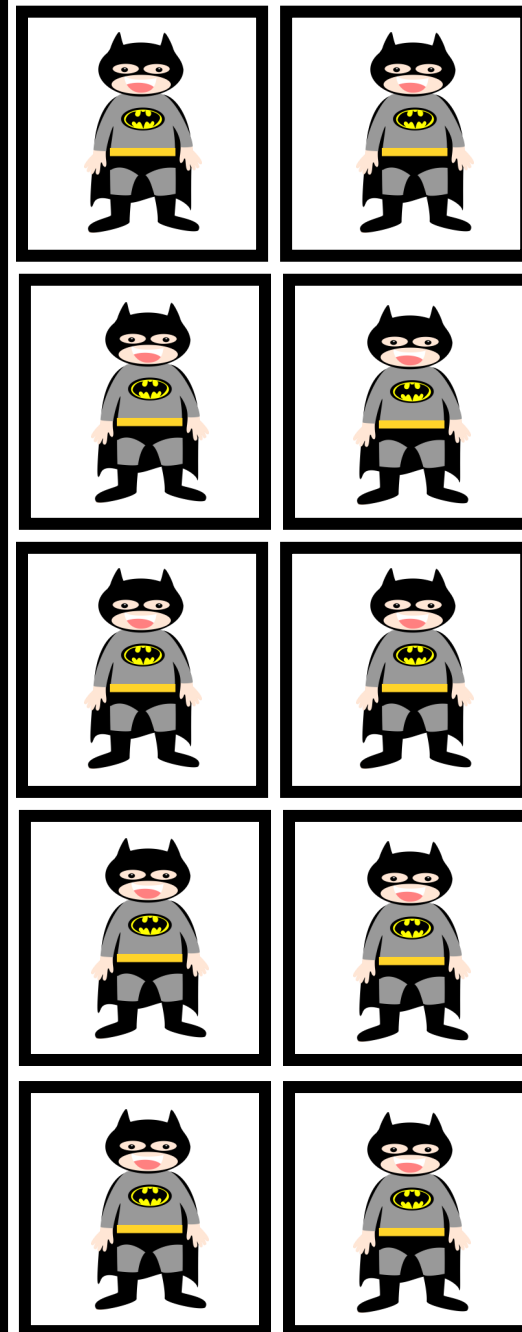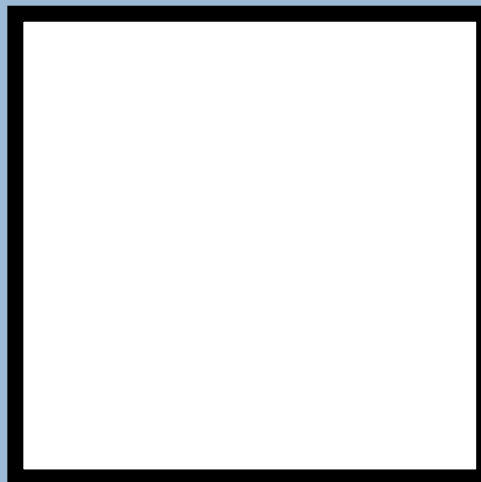
I am feeling...
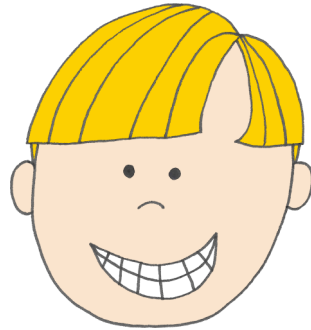
embarrassed	happy	angry	pleased
sad	worried	surprised	tired
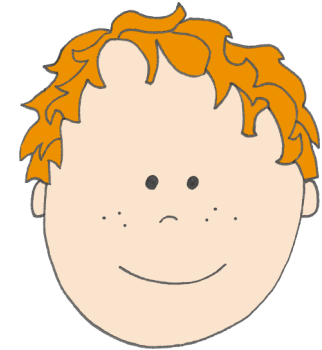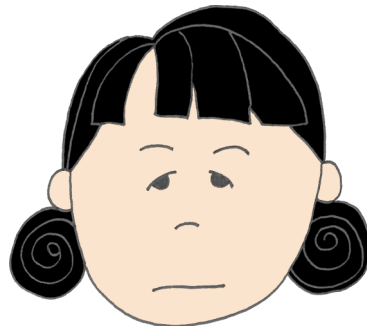
How am I feeling?

Sad, sick, tired, bored, upset, tired.	Happy, content, relaxed, calm, focused.	Worried, frustrated, excited, wriggly, silly.	Angry, hot, bubbling, scared, aggressive.

How can I get back to/stay on green?

Jump on my trampoline. Squeeze my teddies. Have a rest on the couch with my fluffy blanket. Play with my dough. Eat a snack.	Chat with my family. Have a snack. Play with my sensory boxes. Read and enjoy a book. Draw a picture and colour it in.	Write in my diary. Deep figure of 8 breathing. Squeeze my theraputty. Follow my yoga schedule. Squeeze my cushtie.	Glass of icy water. Punch my bean bag. Run in the garden. Tear paper and scrunch into balls. Tense and release.

Twirl in a circle for one minute.

@ASDCreationStation

Say and act out 'Head, shoulders, knees and toes'.

@ASDCreationStation

Place a pen/pencil on the ground and jump forwards over it and backwards 10 times.

@ASDCreationStation

Place this card on a table and blow it across the length of the table.

@ASDCreationStation

Using your eyes look up, down, left and right 10 times.

@ASDCreationStation

Say the alphabet moving your mouth to form each letter but do it silently.

@ASDCreationStation

Move your tongue up, down, left, right with your mouth closed and then open.

@ASDCreationStation

Put a pen/pencil on the ground and side step jump over it left to right, right to left.

@ASDCreationStation

Balance this card on your nose for 1 minute.

@ASDCreationStation

airplane

bridge

cobra

balancing table

cat

chair

butterfly

frog

Fine Motor Skills Ideas

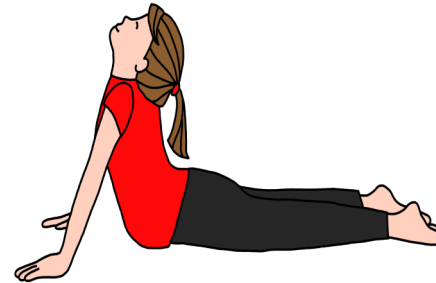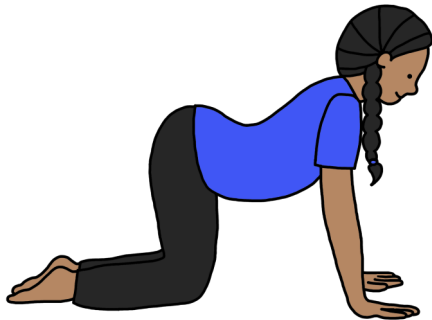| Monday: Dough	Tuesday: Cutting	Wednesday: Squeeze/pinch	Thursday: Art	Friday: Miscellaneous
Hide and seek: Place small beads, toys, counters, marbles, etc. into dough and roll dough into ball: chn have to use finger skills to pull pieces out of dough and remove all dough from the pieces.	**Free cutting**: leave different materials on table (paper, plastic, card, felt, etc and allow (watch and assess) children to cut different materials in any way they wish.	**Tennis ball squeeze**: cut a 2-inch slit in a tennis ball and glue on googly eyes above the slit make a face. Place small beads/counters/ spiders/cheerios on the table and ask children to squeeze ball to open 'mouth' and collect objects.	**Cotton bud painting**: place paint tray and cotton buds on table. Give each child a shape pattern sheet (attached) and model how to dot around the lines with paint, applying pressure as needed.	**Cheerio stack**: place dry spaghetti pieces upright into a lump of playdough. Challenge children to place as many cheerios as they can onto the spaghetti piece without breaking it.
Making snails: give each child a piece of dough and ask them to roll it into a sausage shape using 1 or 2 hands. Model how to roll it up into a snail shape and add googly eyes to finish. Make a variety of sizes.	**Straight lines (thick)**: (sheet attached or draw with thick marker on scrap paper). Model how to hold paper in one hand while cutting along the thick black lines. Remind chn to try to keep their scissors on the thick black line.	**Bottle squirting**: collect washing up liquid and sports top bottles and fill with coloured water (food dye), Children practise squeezing to empty bottles into sink or basins.	**Marble painting**: Place a cake baking tin on a sheet of paper, draw around the base, cut shape out and place inside tin. Add a few drops of paint onto sheets, put 2 marbles into tin and roll around practising balancing skills.	**Skittles**: use bought packet of skittles or collect water bottles and fill with rice/sand/water and get children to try to knock them over with a ball. Practise underarm throwing and aiming for a target.