APRIL 30, 2020

Lou MacNarin School

Supporting Learning at Home



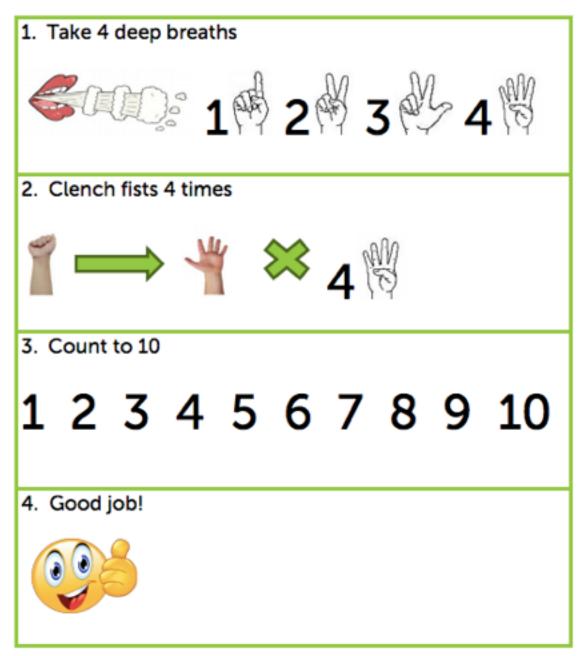
Offer Opportunity for Expression

During this time, it may be important for children to have ways to express how they feel or simply to document their daily activities. Children might communicate their feelings and needs through various forms of expression like listening or playing music, dancing, yoga, and visual art forms (drawing, painting, sculpting...). Some children might be using augmentative and alternative communication (such as an iPad or pictures) to talk and share their moods. An increase in challenging behaviours may also be an expression of anxiety or fear. If you notice this, think about whether or not the support strategies in place are a good fit for your child or if they need to be adjusted.

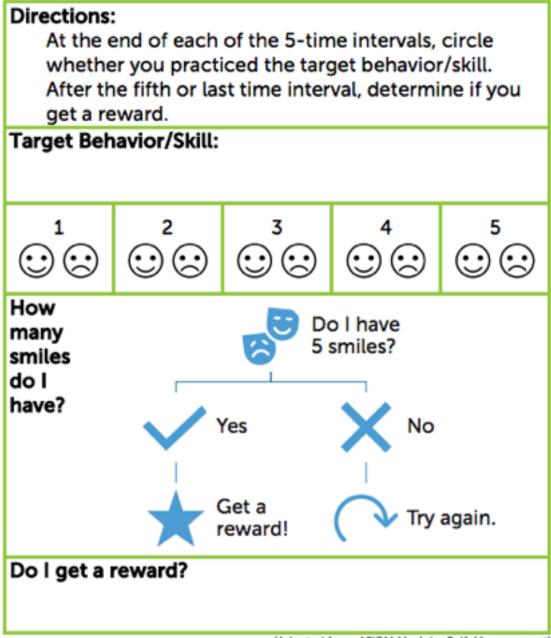


CALMING ROUTINES

Calming Routine



Self-Management



(Adapted from AFIRM Module: Self-Management)

EXERCISE ACTIVITIES

Exercise Activities Choice Board



Information contained in this newsletter is sourced from:

https://afirm.fpg.unc.edu/sites/afirm.fpg.unc.edu/files/covid-resources/Supporting%20Individuals %20with%20Autism%20through%20Uncertian%20Times%20Full%20Packet.pdf