

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.

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CALMING ROUTINES

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## CALMING ROUTINES

### Calming Routine

1. Take 4 deep breaths



2. Clench fists 4 times



3. Count to 10

1 2 3 4 5 6 7 8 9 10

4. Good job!













# SELF-MANAGEMENT

## Self-Management

### Directions:

At the end of each of the 5-time intervals, circle whether you practiced the target behavior/skill. After the fifth or last time interval, determine if you get a reward.

### Target Behavior/Skill:

1	2	3	4	5
 	 	 	 	 

How many smiles do I have?



Do I get a reward?

(Adapted from AFIRM Module: Self-Management)

# EXERCISE ACTIVITIES

## Exercise Activities Choice Board

 Inside	 Outside
 Lift weights	 Play ball
 Dance	 Yard work
 Climb stairs	 Take a walk
 Yoga	 Go on a nature hike

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%20Uncertain%20Times%20Full%20Packet.pdf>