

# Lou MacNarin School

Supporting Learning at home



## Let's Work on Building Independence

While the kids are home, having routines and schedules can make life a little easier. There are also things that you can do with your child to help them develop independence. You can make and maintain a daily schedule, you can practice a new life skill or you can focus on maintaining a skill that your child already does independently. Tasks become easier to learn when you break them down into smaller and easier pieces for your child to practice. Visual task cards have been included as examples to help your child learn a few skills which may need lots of practice!

1

**MAKING A SCHEDULE/  
TRANSITIONING OFF  
SCREEN**

2

**USING THE  
WASHROOM**

3

**MAKING A BED**

## MAKING A SCHEDULE

### Daily Schedule Example

Task	Done
 Wake Up	
 Brush Teeth	
 Get Dressed	
 Eat Breakfast	
 Read (30 minutes)	
 Exercise (30 minutes)	

\* Note: Icons from Microsoft Word Icons (Insert tab)

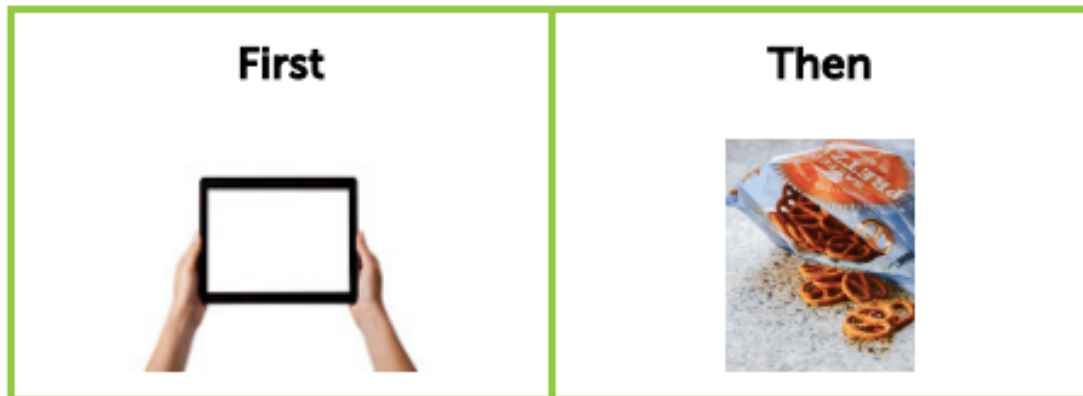
## How to Transition Off Screens

1. As much as possible, try to plan for screen time in the daily schedule. Make the times reasonable for your child's age.

2. Use a timer or clock to let your child know how much screen time they have so that they know what to expect.

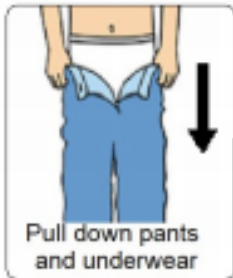


3. Try to avoid planning screen time before non-preferred activities. For example, it might be easier to transition your child from screen time to snack than it would be to transition from screen time to an academic task.



# USING THE WASHROOM IF YOU ARE A GIRL

1.



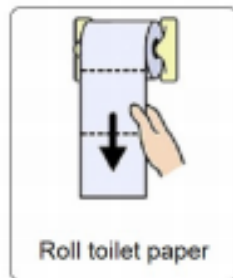
2.



3.



4.



5.



6.



7.



8.



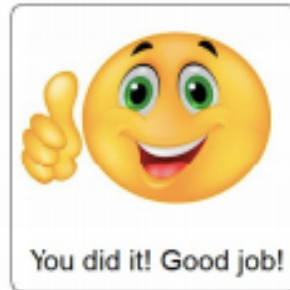
9.



10.

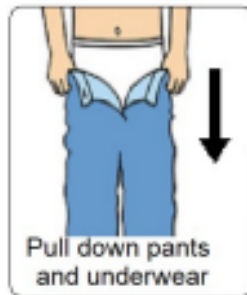


Peeing in the Toilet at Home



# USING THE WASHROOM IF YOU ARE A BOY

1.



## Peeing in the Toilet at Home

2.



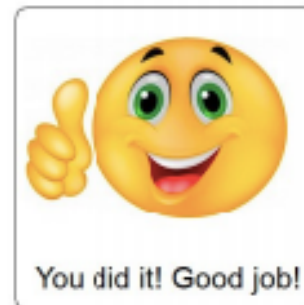
or



3.



4.



5.



# MAKING THE BED

1.



2.



3.



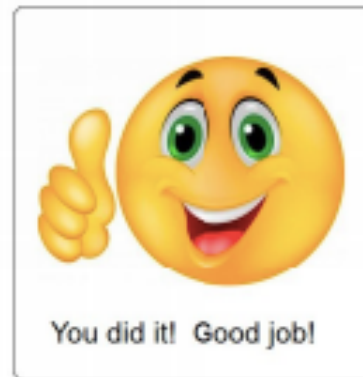
4.



5.



## Making the Bed



## Reference List:

The *daily schedule example* and the *transitioning from screens* visuals were 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>