

# WELL BEING AND BEING WELL

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# STRUCTURED FLEXIBILITY

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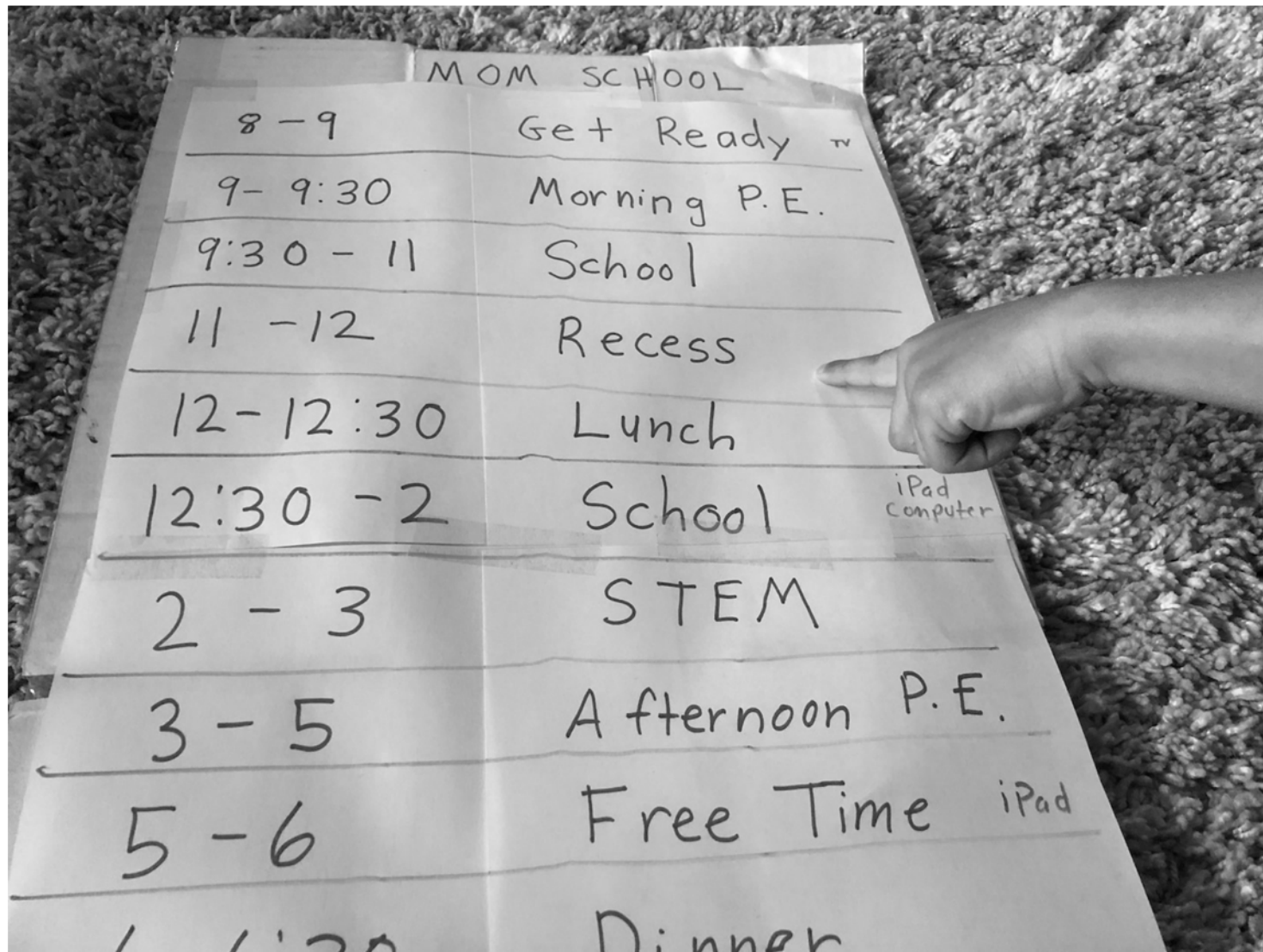


CHILDREN WITH ASD NEED STRUCTURE,  
HOWEVER, THEY ALSO NEED TO HAVE A  
SYSTEM THAT IS RESPONSIVE TO THEIR  
NEEDS AND SUPPORTS THE FLUIDITY  
THAT IS AUTISM.

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# Develop a Schedule

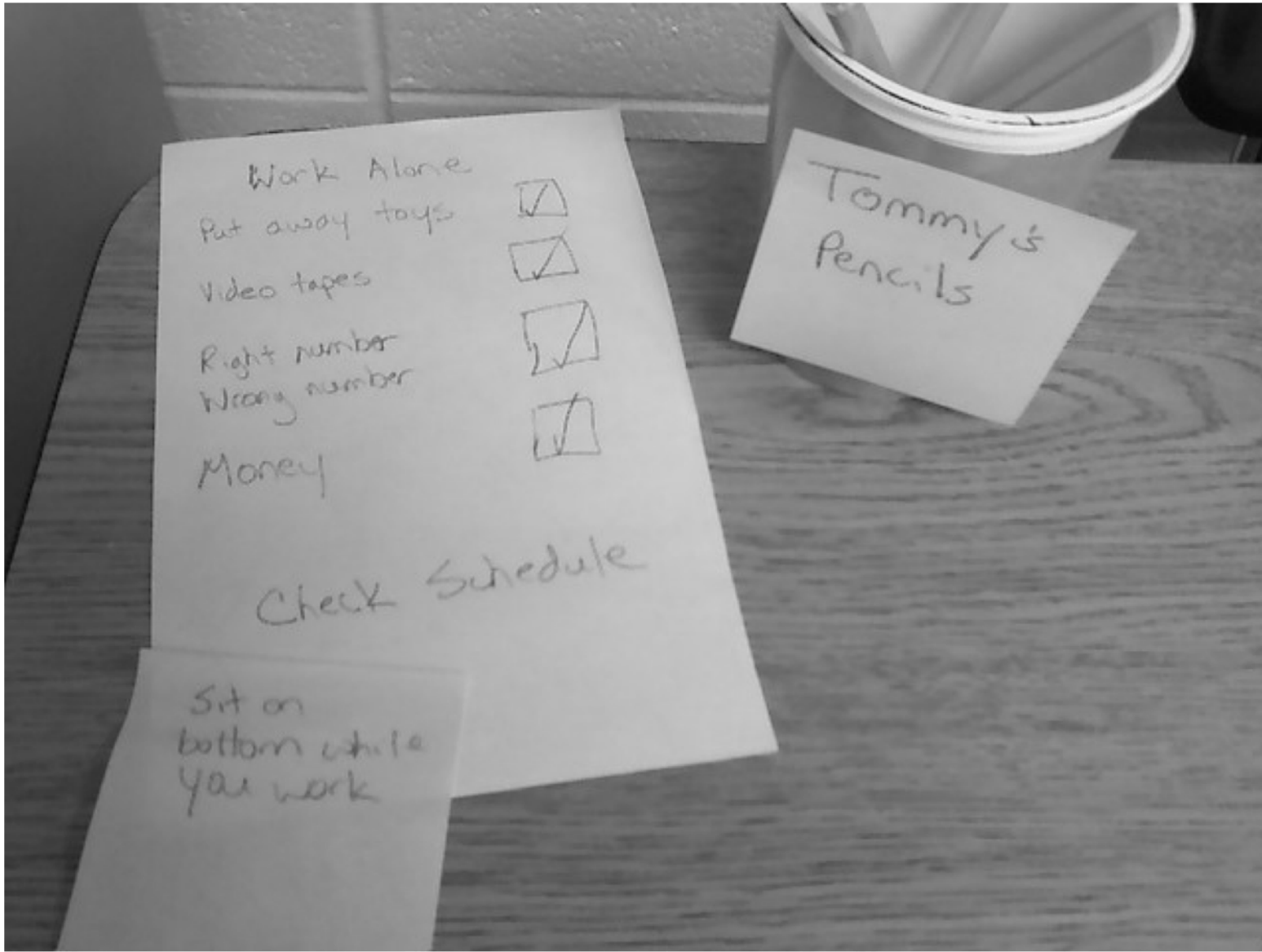


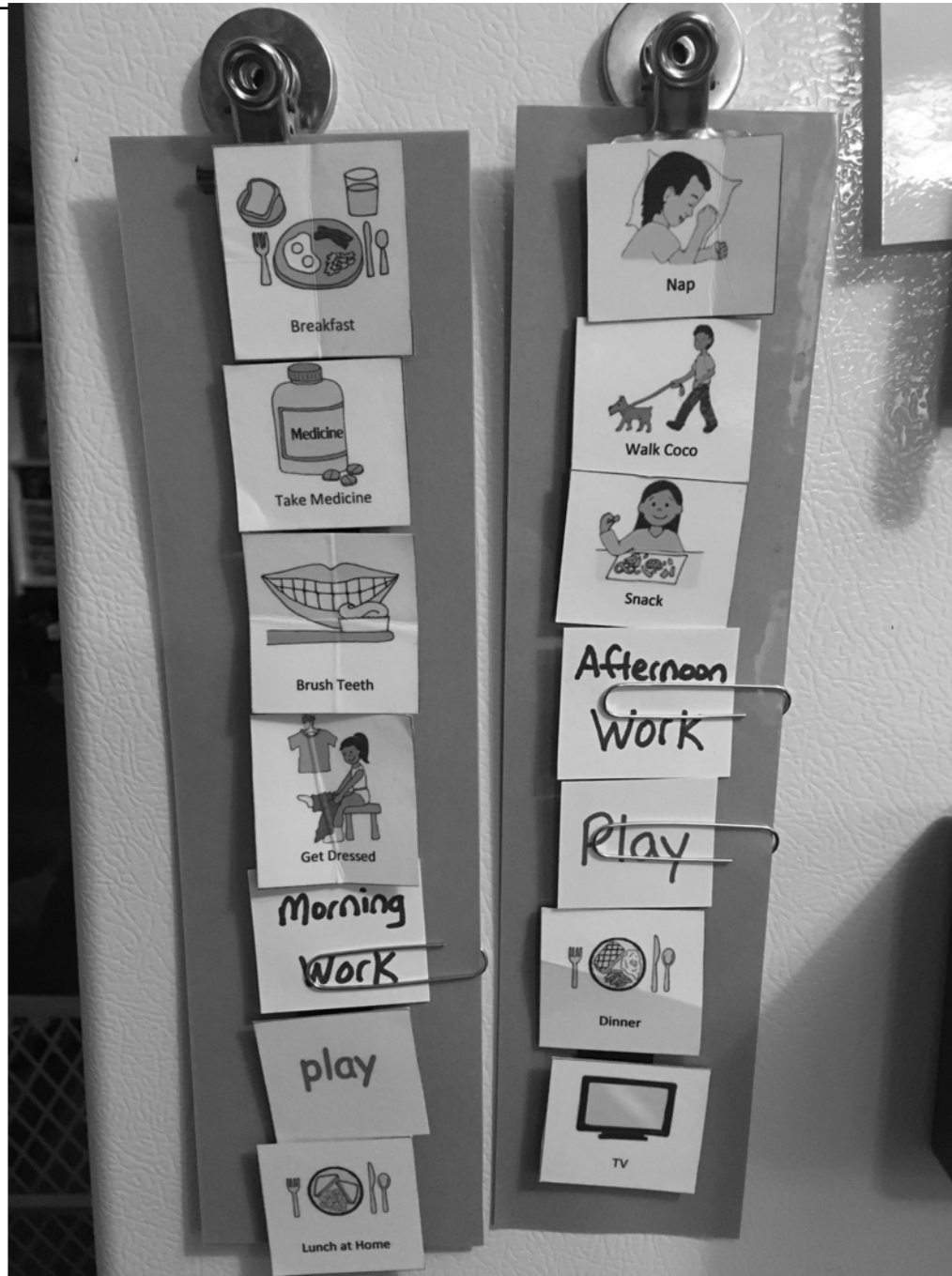
A hand-drawn schedule on a piece of paper titled "MOM SCHOOL" is shown. The schedule is written in a two-column format with time slots on the left and activities on the right. A hand is pointing to the "Recess" row. The schedule includes activities like "Get Ready", "Morning P.E.", "School", "Lunch", "STEM", "Afternoon P.E.", "Free Time", and "Dinner".

MOM SCHOOL	
8-9	Get Ready tv
9-9:30	Morning P.E.
9:30-11	School
11-12	Recess
12-12:30	Lunch
12:30-2	School iPad computer
2-3	STEM
3-5	Afternoon P.E.
5-6	Free Time iPad
6-7	Dinner

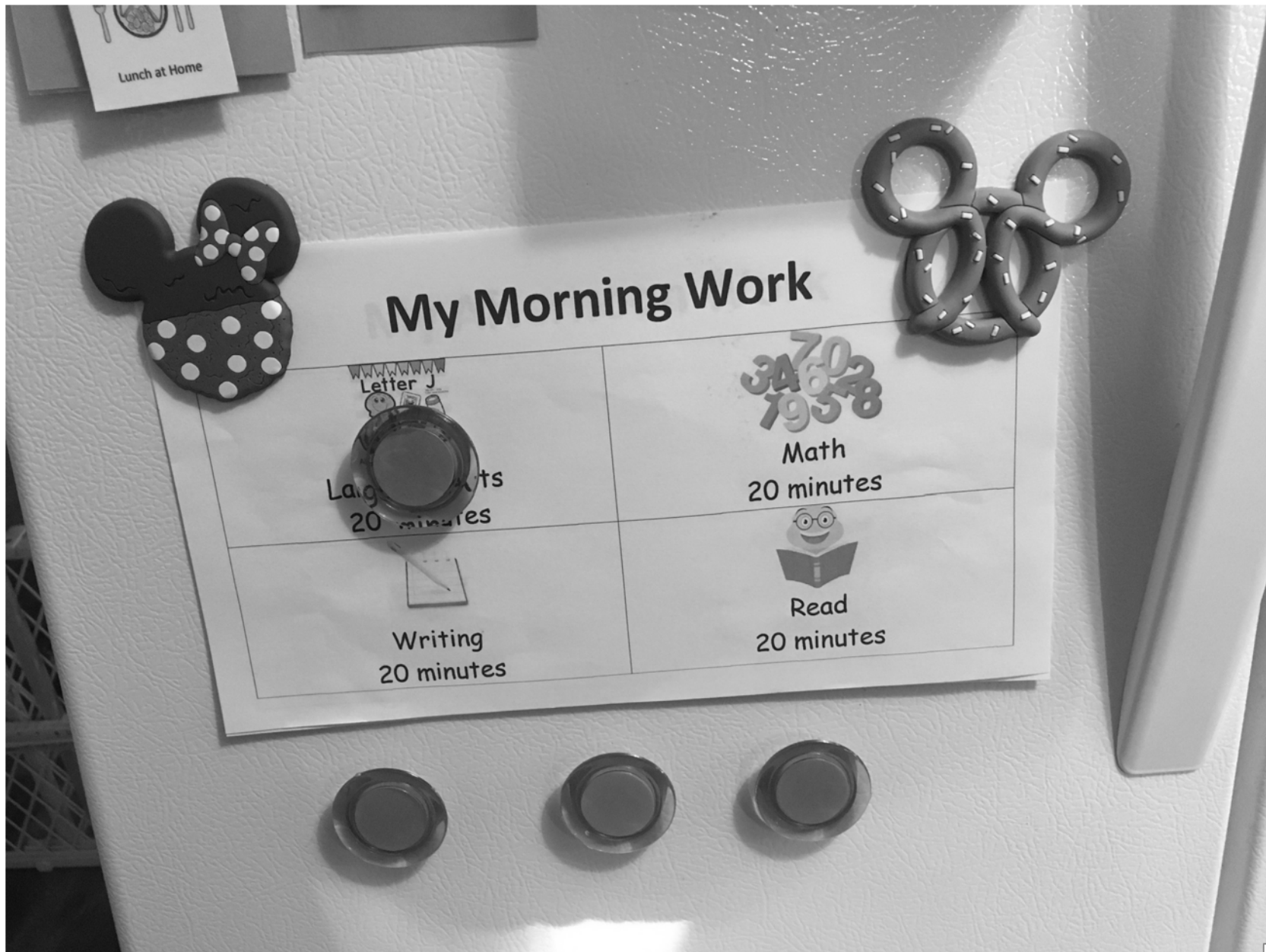








Amy Moore Gaffney, MA, CCC-SLP



Amy Moore Gaffney, MA, CCC-SLP

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, Then



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, Then



Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight



SATURDAY

SUNDAY

MONDAY

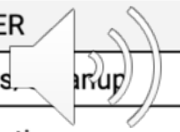
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

7:30 AM FINISH BREAKFAST, brush teeth, get changed (not into more PJs)							
8:00 AM			READ	READ	READ	READ	READ
8:30 AM			OUTDOOR	OUTDOOR	OUTDOOR	OUTDOOR	OUTDOOR
9:00 AM			MATH	MATH	MATH	MATH	MATH
9:30 AM			CREATIVE TIME	CREATIVE TIME	CREATIVE TIME	CREATIVE TIME	CREATIVE TIME
10:00 AM							
10:30 AM	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
11:00 AM			Khan Academy (English) or Typing	Khan Academy (Math) or Typing	Khan Academy (English) or Typing	Khan Academy (Math) or Typing	Khan Academy (English) or Typing
11:30 AM			School Homework	School Homework	School Homework	School Homework	School Homework
12:00 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
12:30 PM			Chores/Cleanup	Chores/Cleanup	Chores/Cleanup	Chores/Cleanup	Chores/Cleanup
1:00 PM			WRITING	WRITING	WRITING	WRITING	WRITING
1:30 PM			DEVICE TIME	DEVICE TIME	DEVICE TIME	DEVICE TIME	DEVICE TIME
2:00 PM							
2:30 PM			Worksheets	Worksheets	Worksheets	Worksheets	Worksheets
3:00 PM			OUTDOOR	OUTDOOR	OUTDOOR	OUTDOOR	OUTDOOR
3:30 PM	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
4:00 PM			TV show	TV show	TV show	TV show	TV show
4:30 PM			CREATIVE TIME	CREATIVE TIME	CREATIVE TIME	CREATIVE TIME	CREATIVE TIME
5:00 PM			Chores/Set table	Chores/Set table	Chores/Set table	Chores/Set table	Chores/Set table
5:30 PM			Bath/shower	Quiet time	Bath/shower	Quiet time	Bath/shower
6:00 PM	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
6:30 PM			Chores/Cleanup	Chores/Cleanup	Chores/Cleanup	Chores/Cleanup	Chores/Cleanup
7:00 PM			Family time	Family time	Family time	Family time	Family time



# Note for the Saturday to Friday Schedule



- Creative Time
  - Playing, art, Lego, forts, OZRobots, etc.
- Device Time
  - iPad, video game, podcasts
- Quiet Time
  - Reading, puzzles, journal
- Writing
  - Write a letter to someone, write a story, practice handwriting
- Outdoor
  - Walk, bike, scooter, basketball, etc.




# Schedule Template

**My School Day**

	→		→		→		→	
_____								
	→		→		→		→	
_____								
	→		→		→		→	

  visit [twinkl.com](https://www.twinkl.com)





# START SIMPLE; BE CONSISTENT

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Don't be like this person



## MONDAY

before	Feed cats / Get dressed
screening	Breakfast / Brush teeth
9:00 AM	SCREEN
10:00 AM	Chores then Free Time
11:00 AM	Creative
12:00 PM	Lunch & Learn
1:00 PM	Outside
2:00 PM	SCREEN
3:00 PM	Reading
4:00 PM	Free Time
5:00 PM	Dinner / Cleaning
6:00 PM	Outside
7:00 PM	SCREEN
8:00 PM	Free Time
9:00 PM	BED TIME



## TUESDAY

before	Feed cats / Get dressed
screening	Breakfast / Brush teeth
9:00 AM	SCREEN
10:00 AM	Chores then Free Time
11:00 AM	Creative
12:00 PM	Lunch & Learn
1:00 PM	Outside
2:00 PM	SCREEN
3:00 PM	Reading
4:00 PM	Free Time
5:00 PM	Dinner / Cleaning
6:00 PM	Outside
7:00 PM	SCREEN
8:00 PM	Free Time
9:00 PM	BED TIME



## WEDNESDAY

before	Feed cats
screening	Breakfast / Brush teeth
9:00 AM	SCREEN
10:00 AM	
11:00 AM	Just try not to make a mess
12:00 PM	Lunch
1:00 PM	
2:00 PM	SCREEN
3:00 PM	
4:00 PM	No you can't use my phone
5:00 PM	food
6:00 PM	When is the last time you bathed
7:00 PM	SCREEN
8:00 PM	
9:00 PM	Be in your room



## THURSDAY

before  
screening

Feed cats / self

9:00 AM

10:00 AM

11:00 AM

12:00 PM

1:00 PM

2:00 PM

3:00 PM

Order a pizza or something

4:00 PM

5:00 PM

6:00 PM

7:00 PM

8:00 PM

9:00 PM

SCREEN

SCREEN



## FRIDAY

before  
screening

At least feed the cats

9:00 AM

10:00 AM

11:00 AM

12:00 PM

1:00 PM

2:00 PM

3:00 PM

4:00 PM

5:00 PM

6:00 PM

7:00 PM

8:00 PM

9:00 PM

Please find something  
to do in another room  
and just let us work.  
here is \$100. please.

SCREEN



# MINDFULNESS AND PATIENCE

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# Maintain a Good Sleep Routine

- No caffeine after midday
- Engaging in some form of exercise if possible in the day
- Only using the bed for sleep at nighttime (not sitting on it on iPads during the day, for example)
- No screens an hour before bed
- Establishing and maintaining a bedtime routine so the body learns the next thing in the routine is sleep
- Go to bed at the same time every day and get up at the same time every day, whether a weekday or weekend





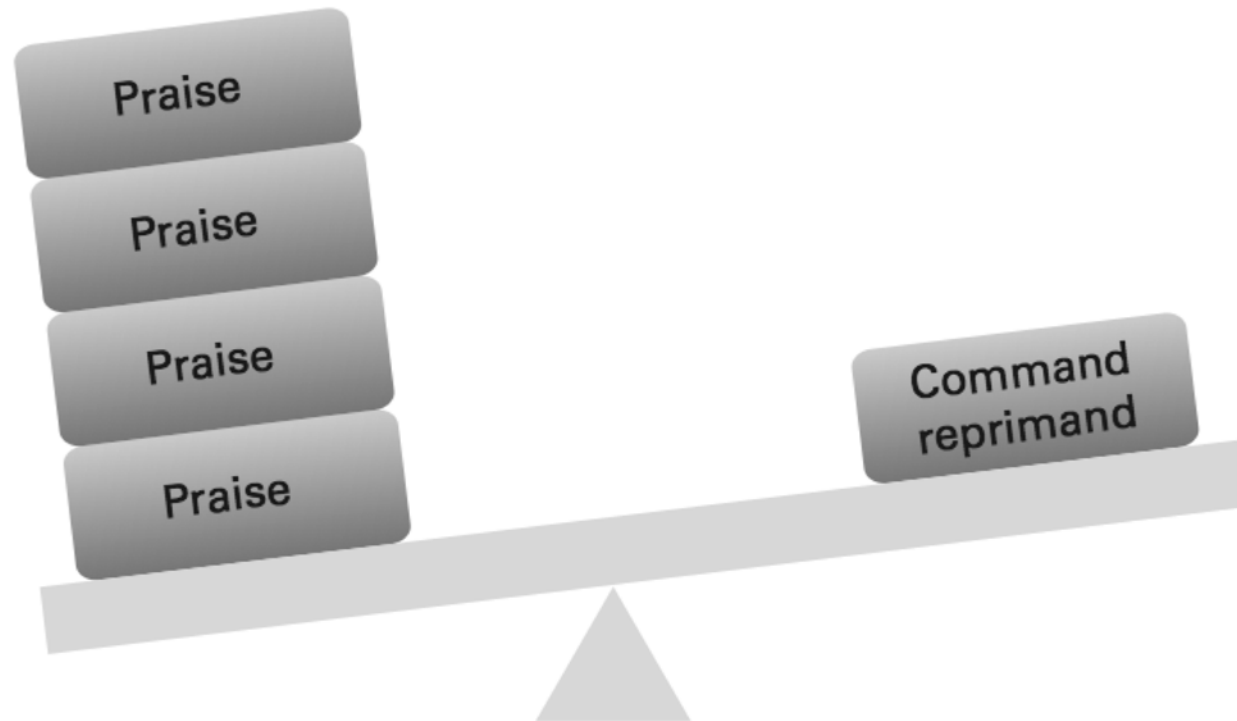
# Guiding Principles

**Break the Negative Cycle**

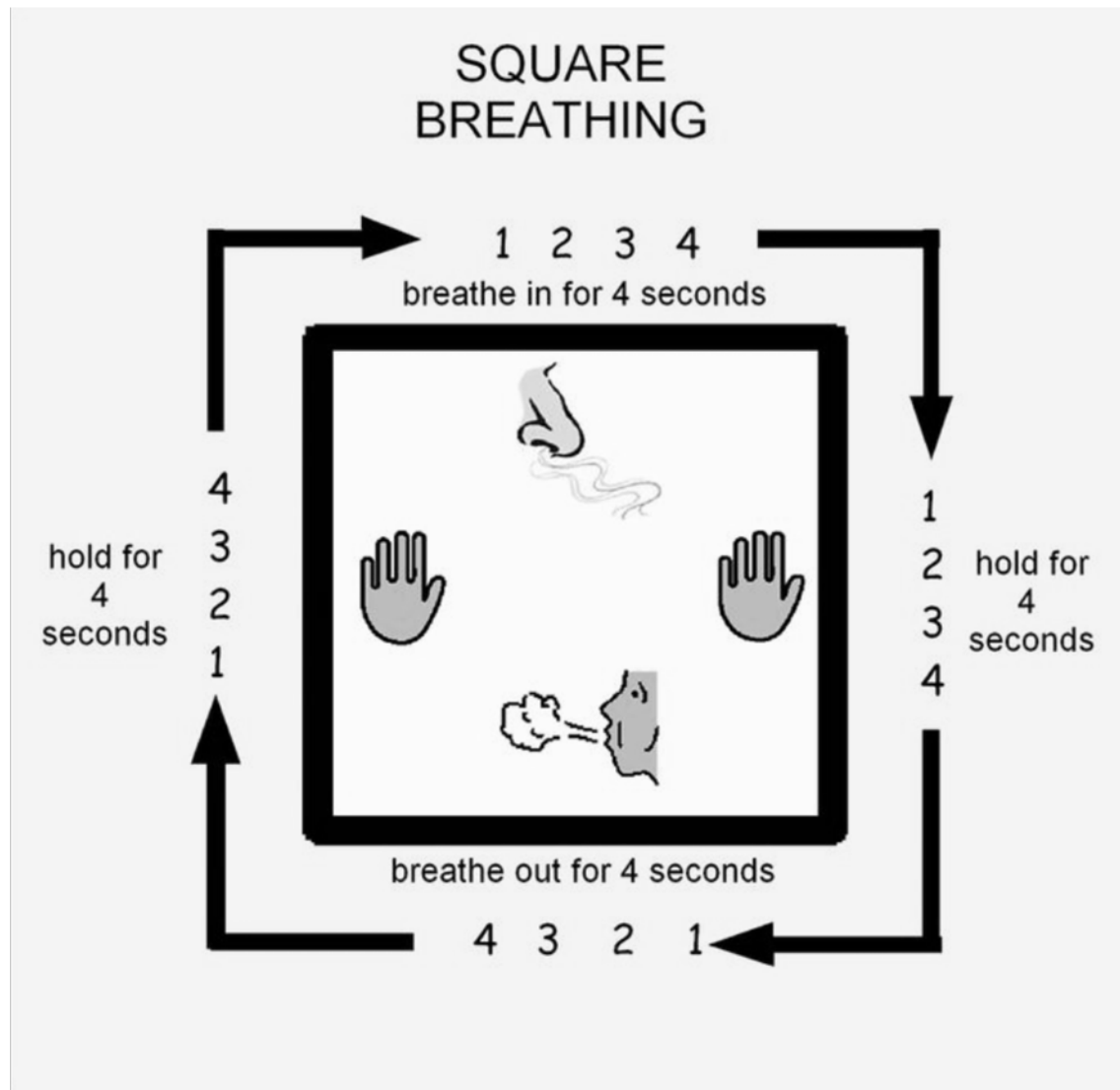
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# Mindfulness of Breathing



# Four Step Calming Strategy: Make it a Habit



# Create a Calming Photo Album

- Identify calming photos or pictures
- Place in album
- Review throughout the day with coaching about the calming effects of the photo album
- Prompt to use when upset
- Available whenever it is needed





# Cosmic Kids Yoga on Youtube



# ACADEMIC RESOURCES

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# Understanding COVID-19



- Gen-Z Media
- March 13 Episode
- Answering Kid's Corona Virus Questions

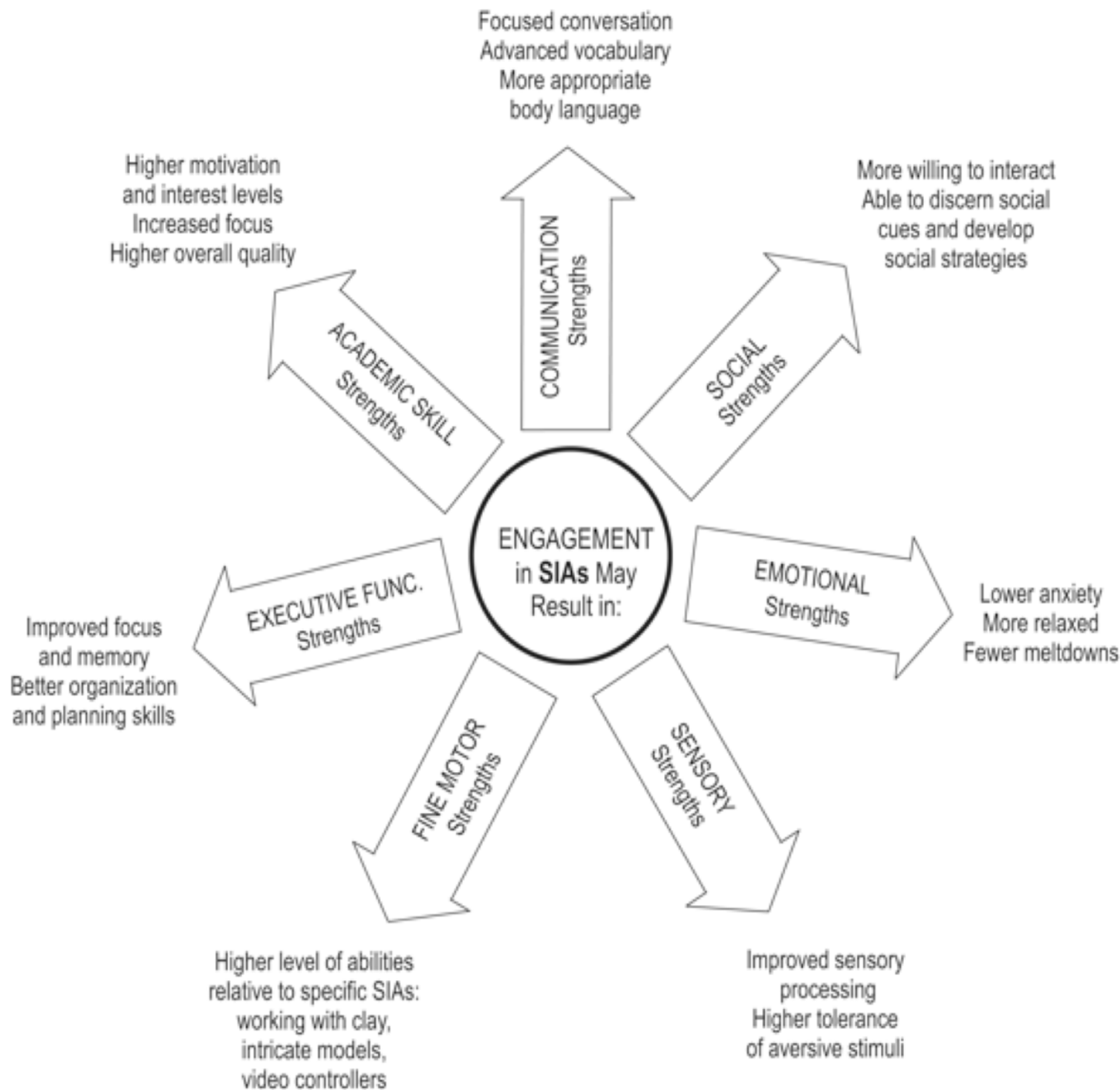




# USE SPECIAL INTERESTS

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# Ways to Incorporate Special Interests

- SIA-designed stickers
- Color, cut, paste
- Write a report
- Make a speech
- Read book
- Design an art project
- Listen to a podcast
- Write and perform a play
- Identify music that could match a special interest
- Conduct research using the Internet
- Join an online special interest group or create one (supervision required)



# Sample Activities Around Dinosaurs

Area	Activity
Reading	Read <i>The Complete Guide to Prehistoric Life</i> (Haines & Chambers, 2006)
Writing	Research and write a paper on the Apatosaurus
Spelling	Learn to spell names of dinosaurs or write words in a sentence about dinosaurs
Speech	Present life of paleontologist, George Simpson, Ph.D.
Math	Write math word problem about consumption of millions of tons of leaves by Triceratops
Science	Research the Asteroid Cretaceous Extinction Theory

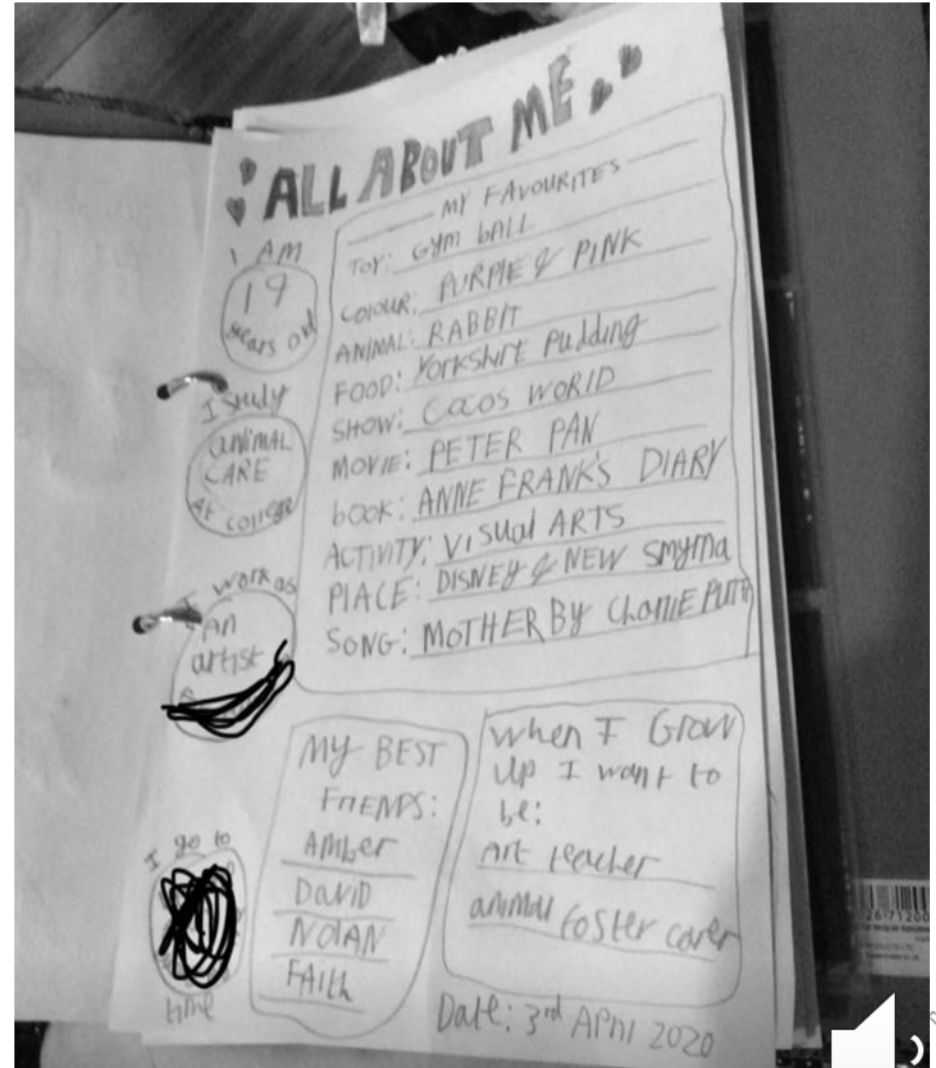
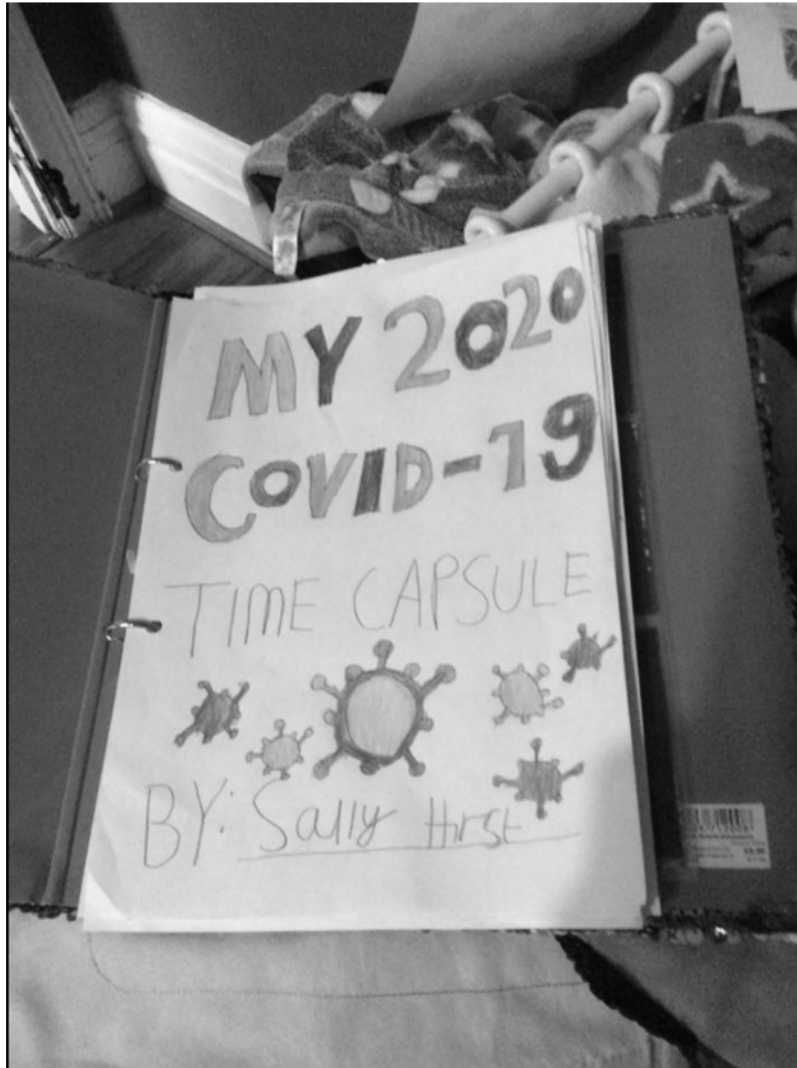


# Sample Activities Around Dinosaurs

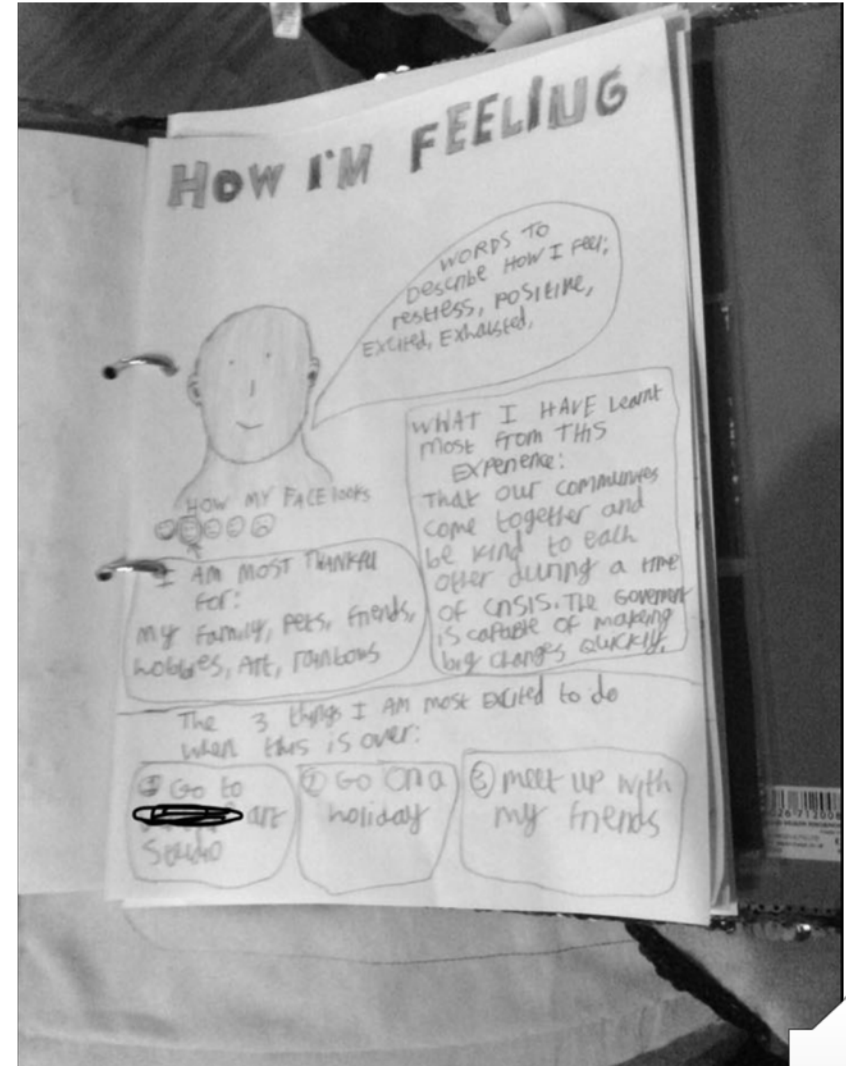
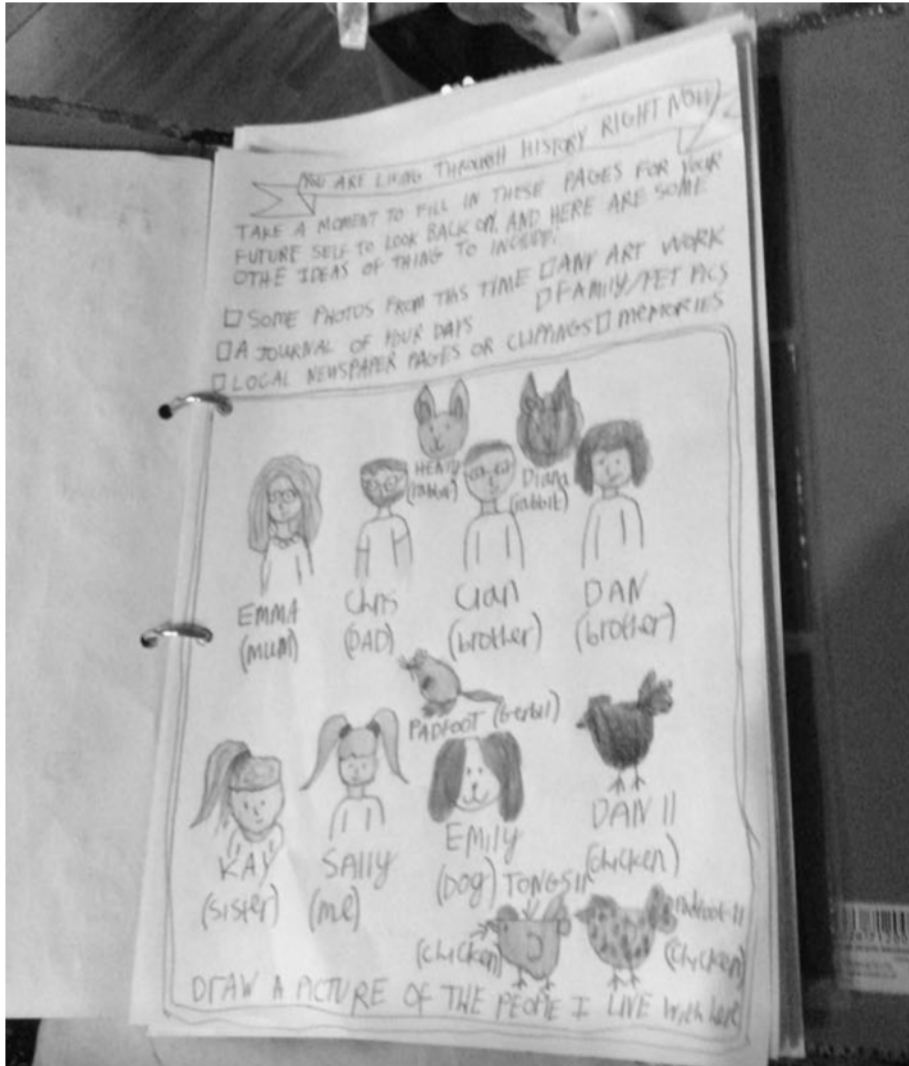
Area	Activity
Art	Design and build a clay or paper mache model of the Stegosaurus
Internet Skills	Research the Smithsonian Paleontology Wing (Washington, DC) Consult with paleontologists online



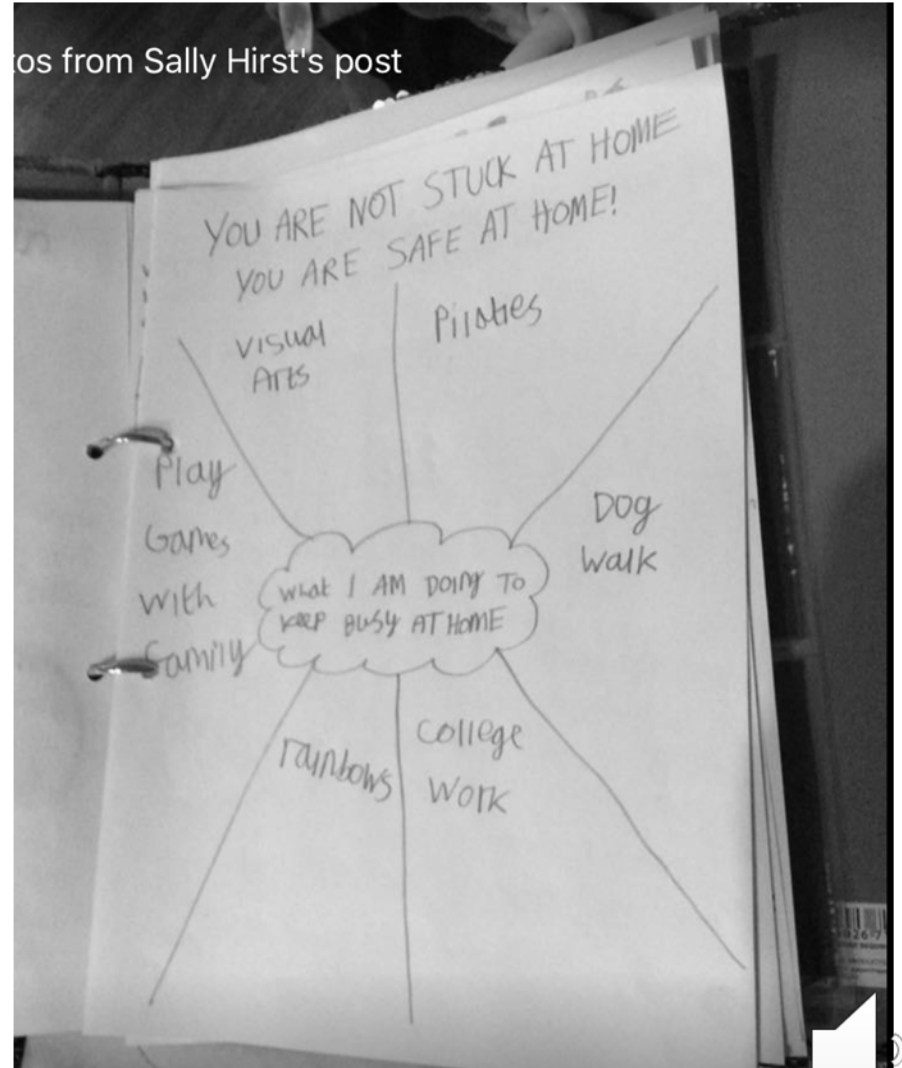
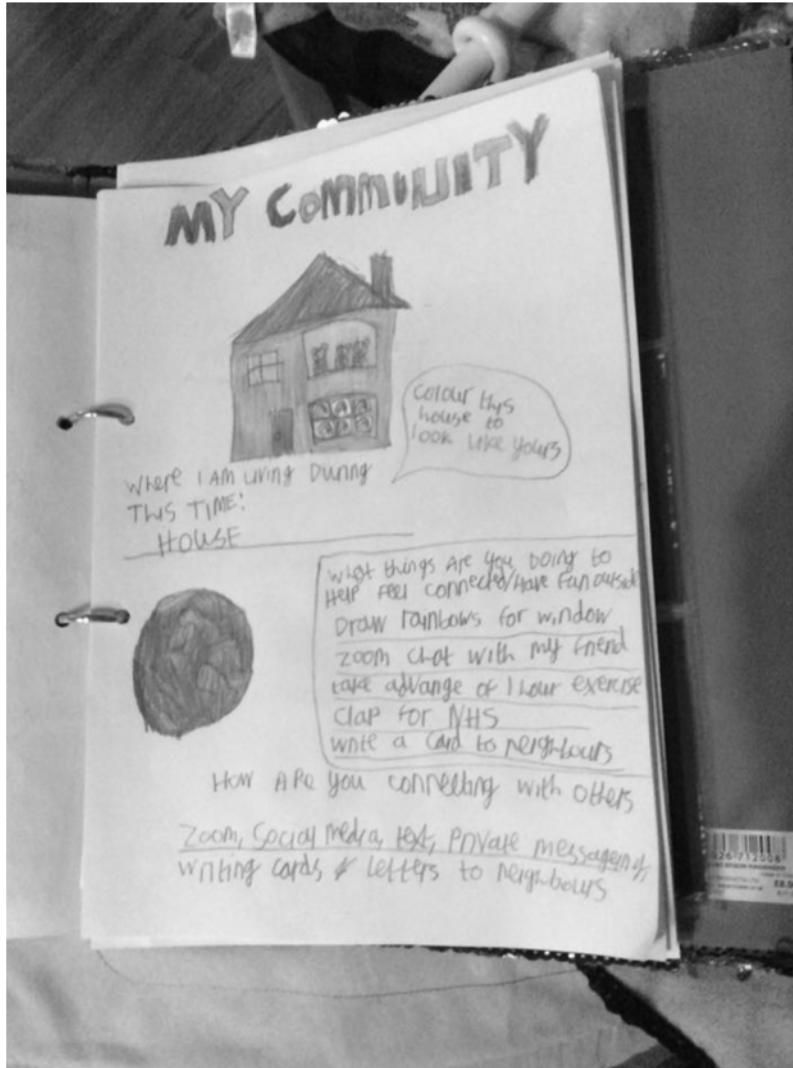
# Time Capsule



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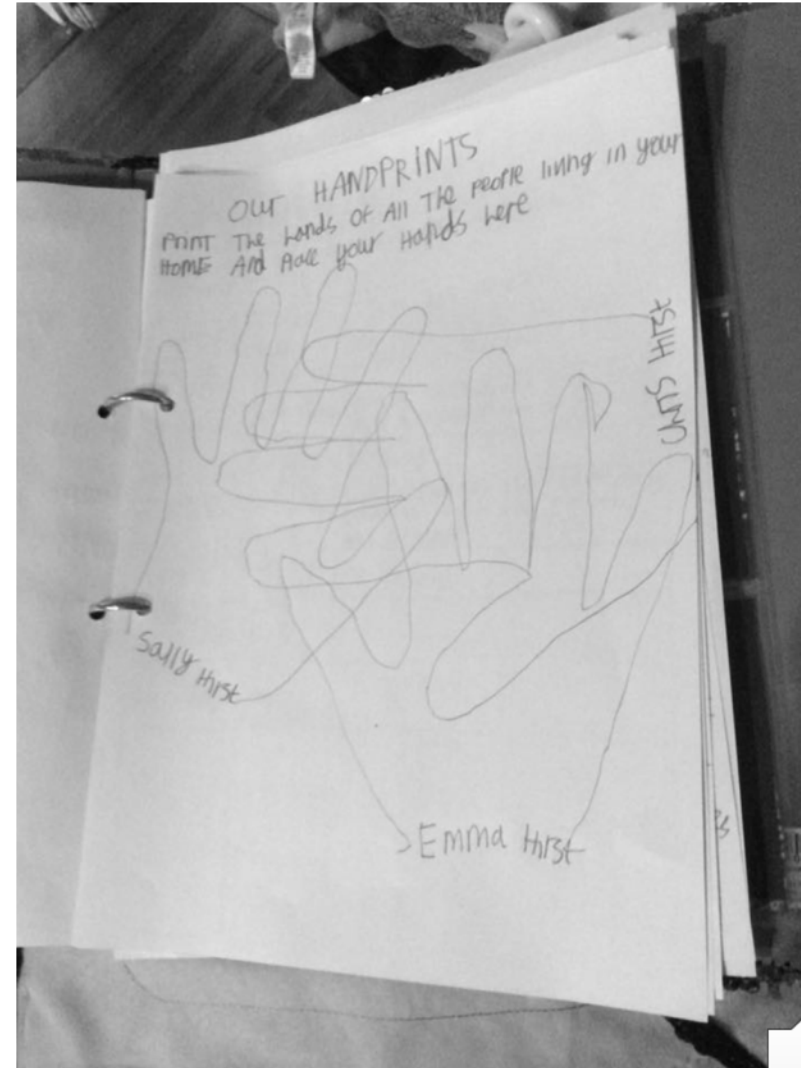
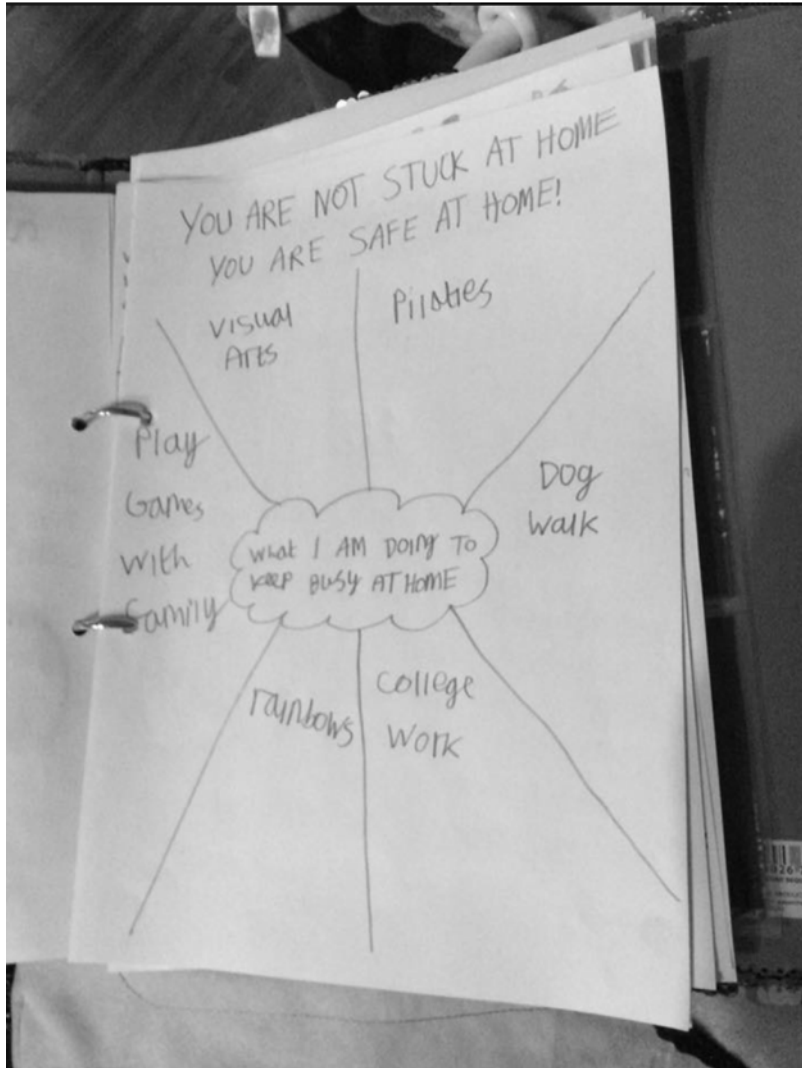


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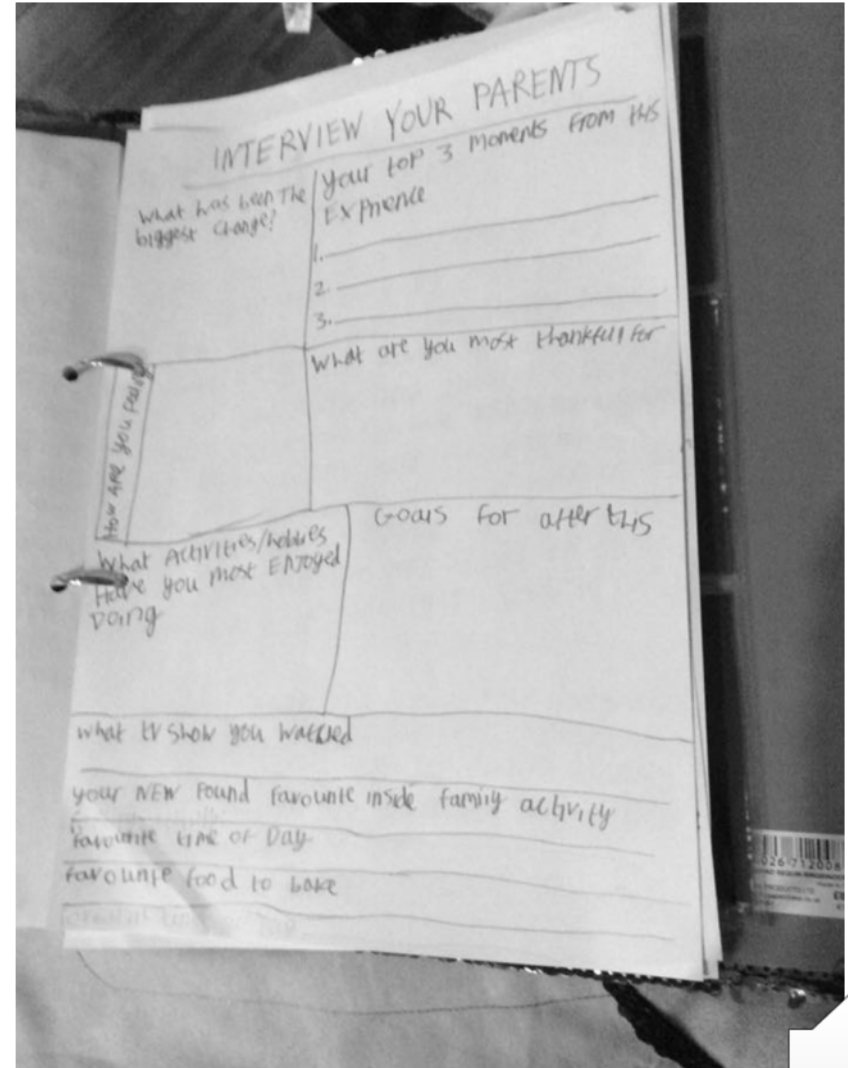
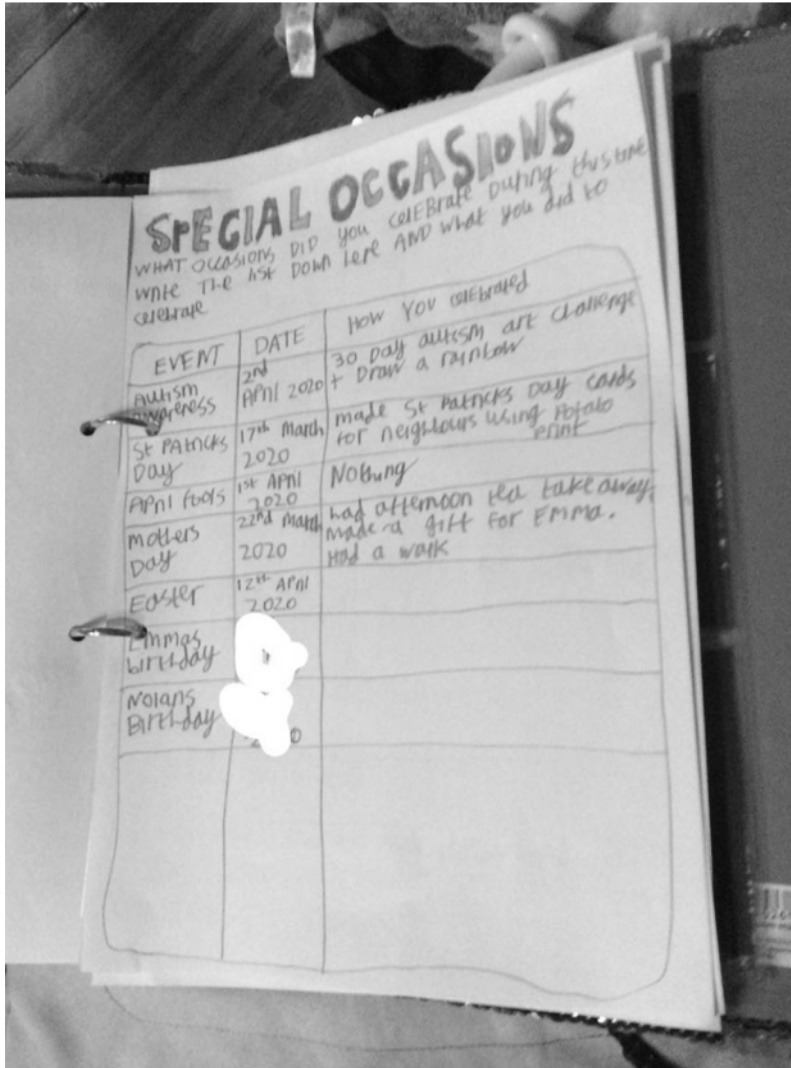




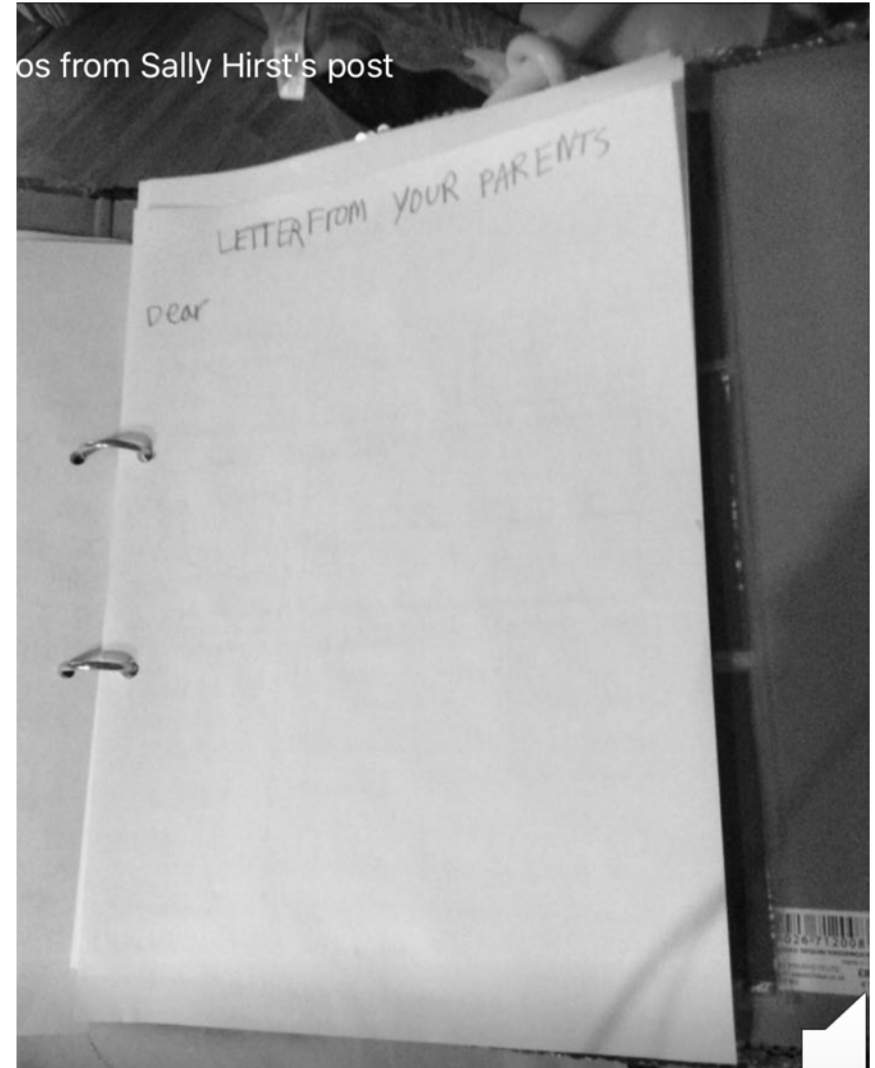
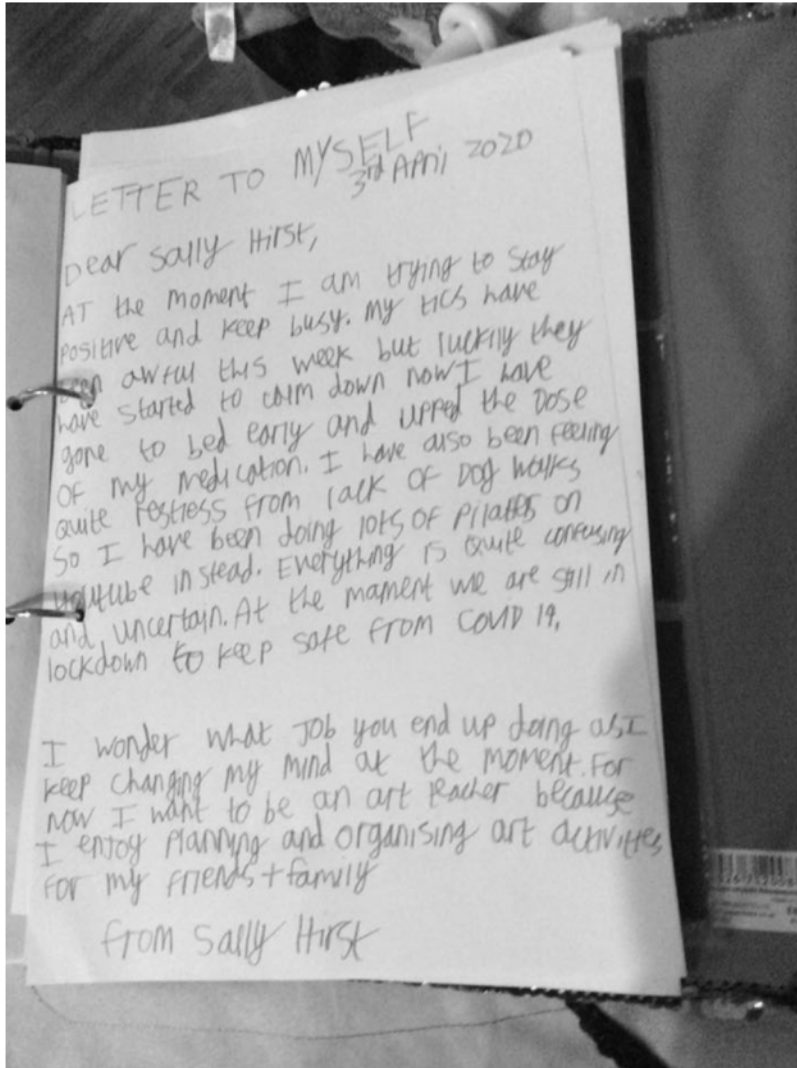
# Time Capsule



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# Time Capsule



os from Sally Hirst's post



# Science for the Family



- Decoding Dog DNA
- How to Become an Astronaut
- The Science of Snot
- The Tale of the Hungry Koala



# Cincinnati Zoo: Animal of the Day



# Geoguessr



## World

Embark on a journey that takes you all over the world. From the most desolate roads in Australia to the busy, bustling streets of New York City.

PLAY



 44,861,343

 28,603



## Famous Places

Spectacular natural wonders and astonishing man-made structures. The list of great landmarks are often limited to seven, but the world is filled with wonders. How many can you recognize?

PLAY



 13,606,809

 10,129



# Garden Activities



# Sensory Tools

## Recipes

For  
DIY Sensory Tools:

A practical booklet of DIY sensory tool  
building ideas, made for parents by  
parents.



By Wendy LeSollen-Hinden

 **AUTISM SOCIETY**  
Improving the Lives of All Affected by Autism  
Oregon





# Encourage Social Distancing Meet-ups Via Video



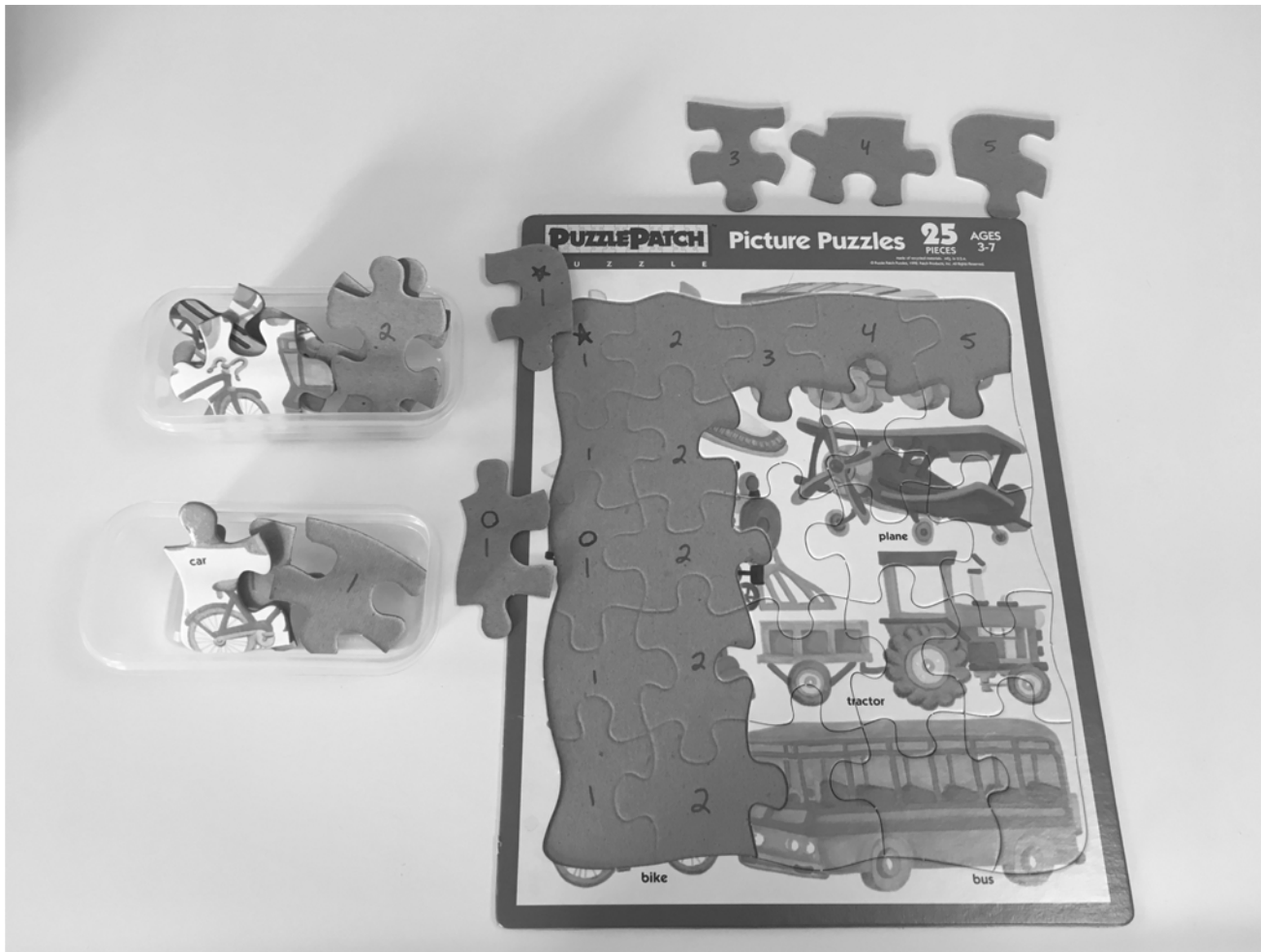
- Games to Play
- Show 'N Tell
- Play a game
- I Spy
- Read Together
- Snack Time



# Gorilla Gym



# Structured Activities



# Structured Activities



# Structured Activities



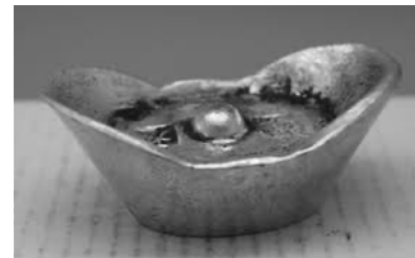
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# Structured Activities

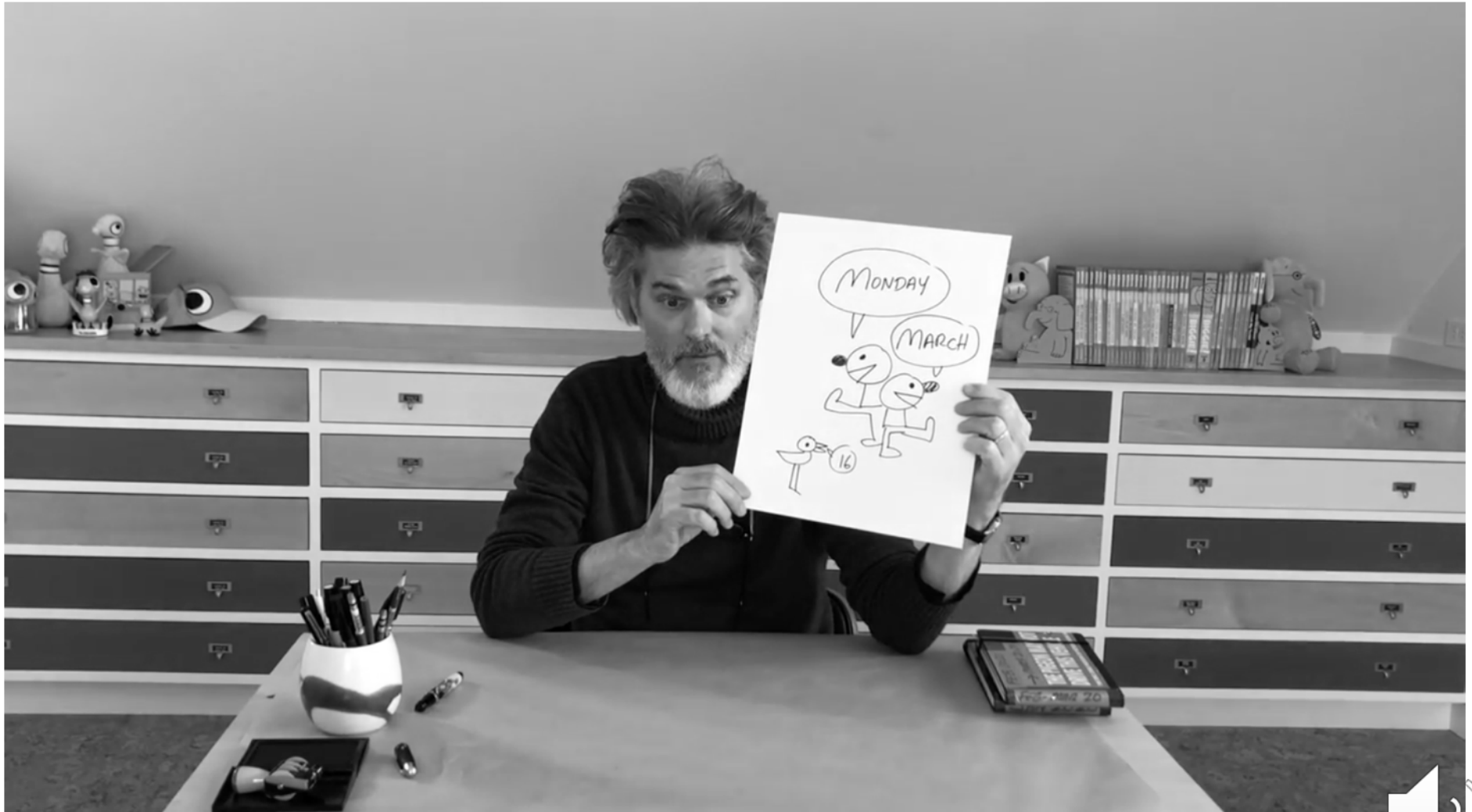


# Strewing





# Lunch Doodles with Mo Willems



<https://www.youtube.com/watch?v=RmzjCPQv3y8>

# Virtual Museum Tours

- The Louvre
- The British Museum of Art
- The Metropolitan Museum of Art
- Boston's Children's Museum
- The National Museum of Natural History
- Monterey Bay Aquarium
- Easter Island
- Roald Dahl Museum and Story Centre
- NASA Glen Research Center
- Panda Cam at Zoo Atlanta



# Other Activities

- Learn how an astronaut bathes and other things too
  - European Space Agency YouTube Channel
- Display your artwork for your neighbors
- Watch Reading Rainbow on YouTube
- Trust the allure of a stopwatch



# Other Activities

- Scavenger Hunt (have the children plan it)
- Cooking
- Watching a movie that focuses on history
- Podcasts
  - Wow in the World (Science)
  - The Past and the Curious
  - History Chicks
- Worksheets
  - Education/com
- Brainchild on Netflix (fun science)



# Other Activities

- Printable activities
  - [anotherthing.com](http://anotherthing.com)
- Easy Disney Crafts
  - [simplifyingfamily.com](http://simplifyingfamily.com)
- Making photo books online
- Gross motor activities
  - <https://www.gonoodle.com>
  - <https://ncse.ie/wp-content/uploads/2020/03/Gross-Motor-skills-Parent-Booklet-Primary.pdf>
  - <https://www.mottchildren.org/posts/topics/fitness-motor-skills>



**AND FINALLY ...**

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# AND FINALLY ...

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Try to be consistent. But also realize that you need to give yourself a break also. Be kind to yourself.



Sometimes  
You May  
Need to  
Schedule a  
Meeting ...

From a friend in Ireland  
who did not know the  
attribution





# And One More Thing ...

If you're having an especially tough day with your kids let them know. As you tuck them into bed say, "Today was rough. We will try again tomorrow."

Kiss them goodnight, remind them of your endless love, and give your heart a rest because not every day can be easy and we will have days that wear on us.

Be gentle to yourself.

Be gentle to your children, and just try again tomorrow.

