

School Closure Toolkit



Version 1.0 3/14/20



Schedules

Token Board

Resources

eastersealschicago.org



School Closure Autism Toolkit – Directions for Use

We are hopeful that this toolkit will help support your child at home during this time of uncertainty. For a child with autism, visual supports can help to decrease anxiety and increase independence across all settings. This toolkit provides you with all that you will need to help structure your child's day at home, no matter his/her age.

Things I Can Do At Home: This page can be used for either A) category labels for you to house all of your schedule pieces or B) a color coding reference key.

Sensory, Life Skills, Academics, Movement, Leisure: These pages provide you with schedule pieces under each domain. You can either A) cut the pieces out to use in individual schedules or B) use the page as a choice board to reference during that activity time.

Schedule Pieces: While our toolkit focuses mainly on creating structured "chunks" of your day, we have also included full day schedule pieces if you would like to put a full schedule on your fridge or wall.

Extras: Missing a schedule, activity, or reward piece that isn't included in the toolkit? Tape a wrapper/label, print a picture, draw your own simple picture, or write the word on the piece to customize your own pieces. If you are a teacher or clinician and have access to Boardmaker Online, you can edit your own pieces by searching for Activity #29724776.

Choice Board: This is an optional page. If your child is overwhelmed by too many choices OR some of the schedule pieces are not options in your home, you can cut out a smaller number of choices and stick them on this board for your child to choose from. This can also be used as a reward choice board.

Finished Pieces: If you choose to use each domain (Sensory, Life Skills, Academics, Movement, Leisure) as a "choice" board and would like to keep track of which activities you've completed, you can use these green checks to cover up each schedule piece.

Token Boards: If your child needs a little motivation to get started with adult-directed activities, you can use the token board to help keep him/her on track. Choose 1-3 target behaviors you wish for your child to display, choose a reward, and fill in the circles as your child does what is asked. Seeing the circles fill will show him/her that he/she is close to earning a reward. You can color the circles, use stickers, or add Velcro pieces.

First/Then Board (Form A): This board is for an emerging learner who does better with only a few schedule pieces at a time. Place one non-preferred schedule piece on the left (first) and one preferred activity on the right (then). Repeat this throughout the day.

Activity Schedule (Form B): This board is for a child who understands schedules and is used to using one. You can either A) glue/tape [pre-selected] schedule pieces on top of each colored activity (child can help choose if appropriate) or B) follow this schedule as listed and when you get to each color, pull out the colored schedule boards for that activity and let your child choose). The color coding will help you follow the same "routine" each day, but the activities will change.

Agenda (Form C): This board is for an older child who can write the activities in each box OR if you don't wish to follow the color coded order of skill domains (e.g. you are doing 5 academic activities or 5 life skills activities during the day).

To Do List (Form D): This board is for an older child who is a reader and/or writer. Activities can be listed in the order to be completed (either from our examples or anywhere else). When each item has been finished, the child or adult can check the box that it has been completed.

For additional curriculum ideas and support, please click [HERE](#) for an up to date list of online resources available to you, which has been compiled for families with children with autism. (Also available at the end of this packet).

Things I Can Do at Home



Sensory



Life Skills



Academics



Movement



Leisure



Sensory



take a bubble bath



shaving cream on table



play doh



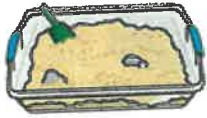
trampoline



swing



spin



sensory bin



hugs and squeezes



dance



painting



strings



slime



sensory bottle



blow up/play balloons



guess the smell



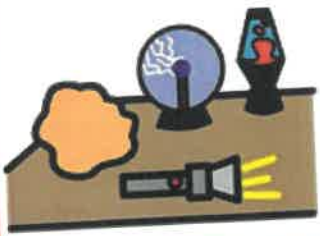
simon says



bean bag break



burrito



Sensory



take a bubble bath



shaving cream on table



play doh



trampoline



swing



spin



sensory bin



hugs and squeezes



dance



painting



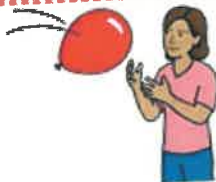
strings



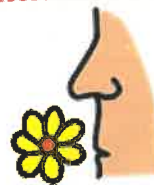
slime



sensory bottle



blow up/play balloons



guess the smell



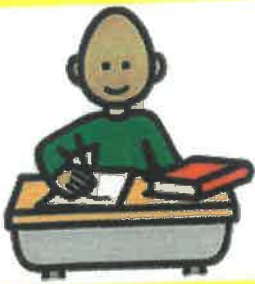
simon says



bean bag break



burrito



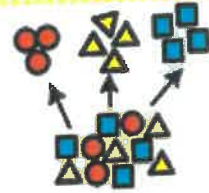
Academics



Unique Learning System



Activities to Go



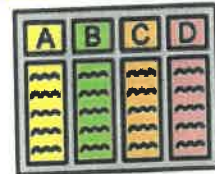
sorting



Learning Games



learning games



vocabulary



reading



math



worksheet



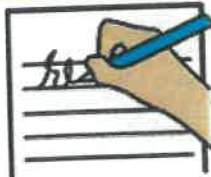
science



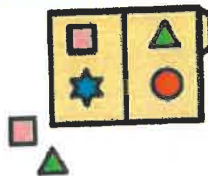
social studies



homework packet



writing



file folder activity



work boxes

Aa Bb Cc
Dd Ee Ff

letters

1 2 3
4 5 6
7 8 9 0

numbers



money



Movement



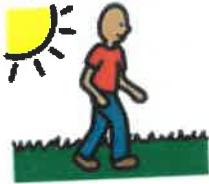
yoga



walk



swingset



play outside



dance



trampoline



soccer



run



obstacle course



animal races



hallway bowling



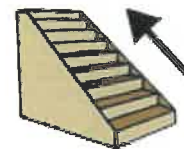
pillow fight



smash bubbles



wall push ups



stairs



jump rope



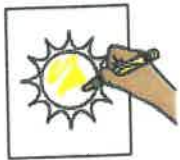
walk the dog



basketball



Leisure



drawing



games



play



blocks



water play



play doh



dolls



puzzles



art project



read books



play outside



ride bike



watch TV



YouTube

YouTube



listen to music



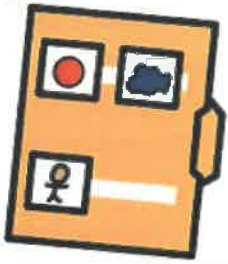
card game



computer



iPad



Daily Schedule



breakfast



brush teeth



bathroom



snack



lunch



pajamas on



nap



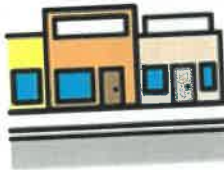
rest



dinner



exercise



community



doctor



car



clean



bedtime



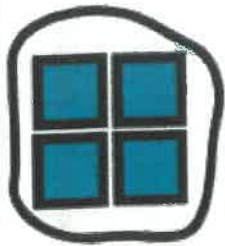
Activity Schedule



get dressed

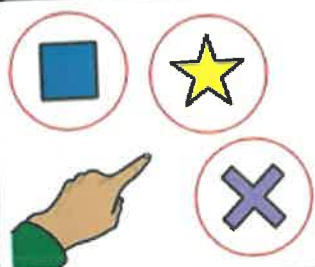


hang out



Extras

Draw and/or write any extra pieces you need for your child's schedule.



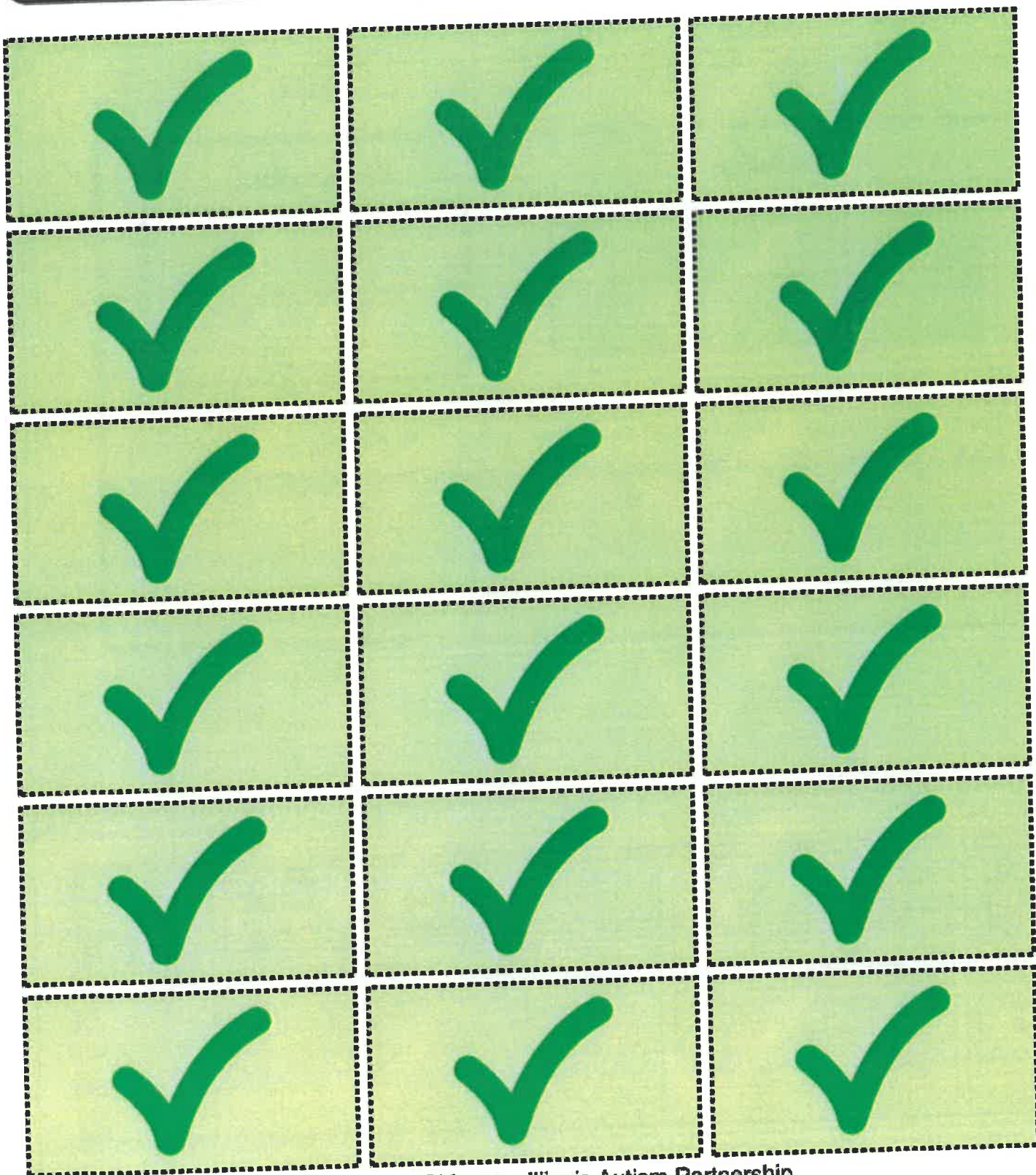
Choice Board

Put available choices on this board and let your child choose activities.



Finished Pieces

Use these pieces to cover up finished activities.



Token Boards

Use these token boards to help motivate your child to stay on track.

My Rules:

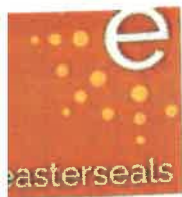
Working for...

Three green squares for rules and a dashed box for working for.

Five empty circles for tokens.



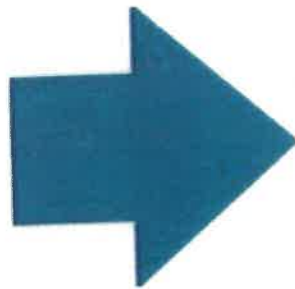
 safe hands	 quiet mouth	 listen	 safe feet	 hands in lap	 safe choices	 stay in chair
 nice words	 share	 calm body	 ask for break	 safe body		



First/Then Board

Add a non-preferred (First) activity and a preferred (Then) activity.

1
First



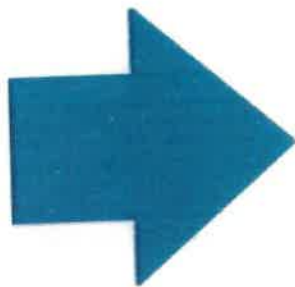
2
Then



First/Then Board

Add a non-preferred (First) activity and a preferred (Then) activity.

1
First




2
Then

My Activity Schedule

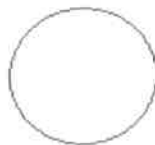
Add 5 schedule pieces to schedule. Choose reward and place or write on top of star.

First:

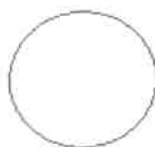
Finished



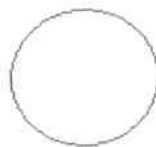
sensory



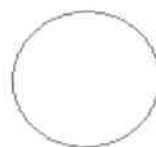
life skills



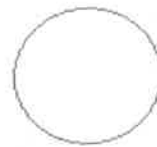
academics



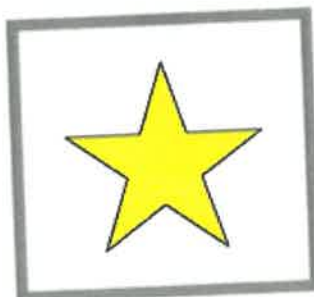
movement



leisure



Then:

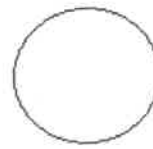
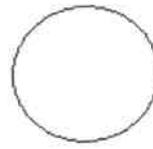
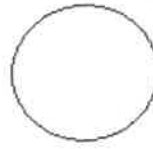
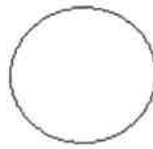
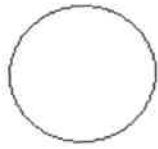


Agenda

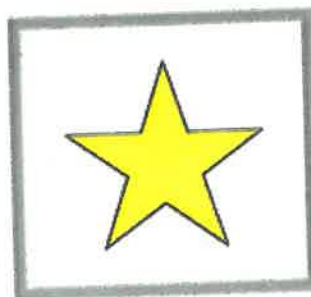
Add 5 schedule pieces to schedule. Choose reward and place or write on top of star.

First:

Finished



Then:



Date: _____

To Do List:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



When I finish my to do list, I can have free time.

I feel sad. I can calm myself by...



VELCRO

VELCRO

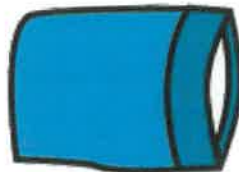
VELCRO

VELCRO

VELCRO

Use Boardmaker to place
Picture Communication Symbols© here.

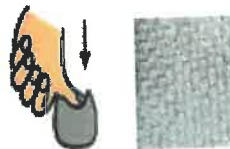
Punch a pillow!



Read a story



Squish things



Listen to music



Play outside



Suggested Use:

How much longer?



5

4

3

2

1

Finished!



Washing Our Hands



We are going to sequence the steps to washing our hands.



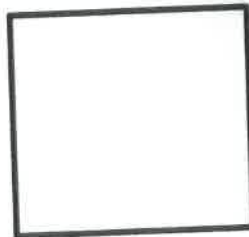
FIRST we pump the soap into our hands.



THEN we wash our hands.

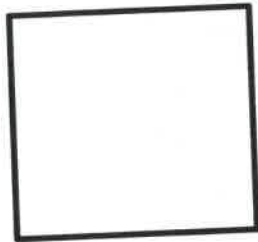


FIRST



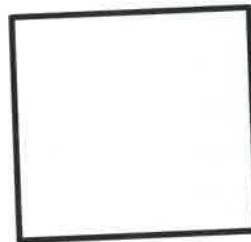
THEN

NEXT we rinse the soap.



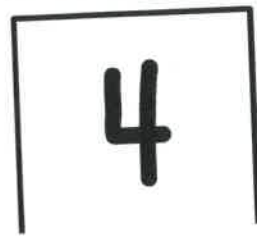
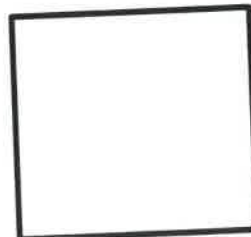
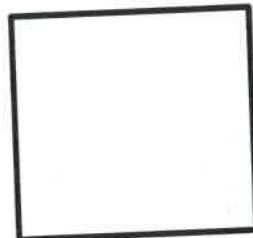
NEXT

LAST we dry our hands.

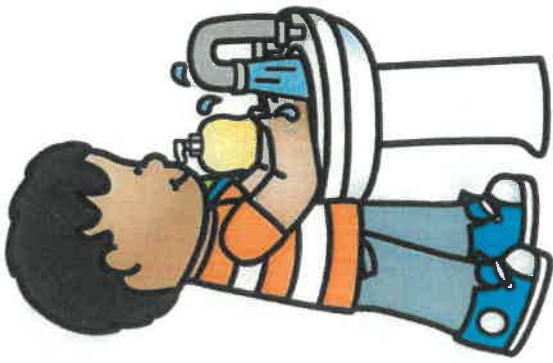


LAST

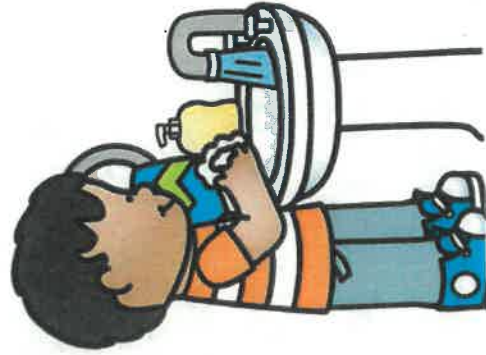
We sequenced the steps to washing our hands.



Washing Our Hands Clip Cards



This is the THEN
step. What number
step is it?



2

3

4

This is the FIRST
step. What number
step is it?



This is the NEXT
step. What number
step is it?



1

2

4

1

3

4

This is the LAST step. What number step is it?

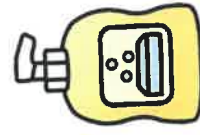
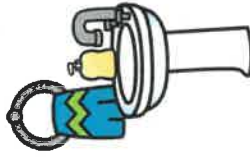
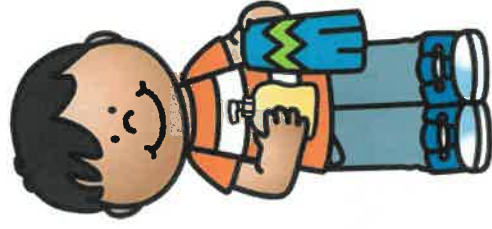
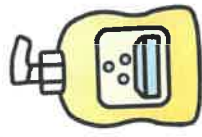
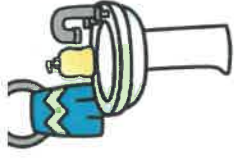


2

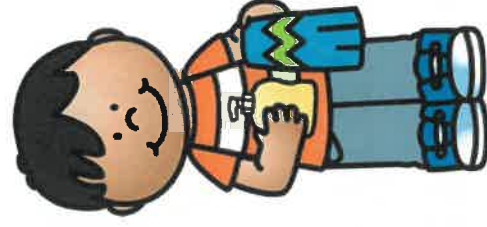
3

4

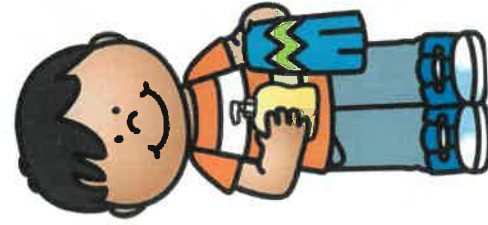
Which picture is the napkin?



Which picture is the fork?



Which picture is the glass?



Washing Our Hands

It is important to wash our hands. First, we pump soap into our hands. Then we wash our hands. Next we rinse our hands. Now our hands are clean.

Put the Steps in Order

1

2

3

First

Then

Next



Washing Our Hands

It is important to wash our hands. First, we pump soap into our hands. Then we wash our hands. Next we rinse our hands. Last we dry our hands. Now our hands are clean.

Put the Steps in Order

1

2

3

4

First

Then

Next

Last



Washing Our Hands

It is important to wash our hands. First, we pump soap into our hands. Then we wash our hands. Next we rinse our hands. Last we dry our hands. Now our hands are clean.

Put the Steps in Order

--	--	--	--

First

Then

Next

Last



Washing Our Hands

It is important to wash our hands. First, we pump soap into our hands. Then we wash our hands. Next we rinse our hands. Last we dry our hands. Now our hands are clean.

Put the Steps in Order

First	Then	Next	Last
Dry our hands.	Rinse our hands.	Pump the soap.	Wash our hands.

Washing Our Hands



By _____

FIRST



THEN



NEXT



Washing Our Hands



By _____

_____ we
pump the
soap.



_____ we
wash our
hands.



_____ we
rinse our
hands.



LAST



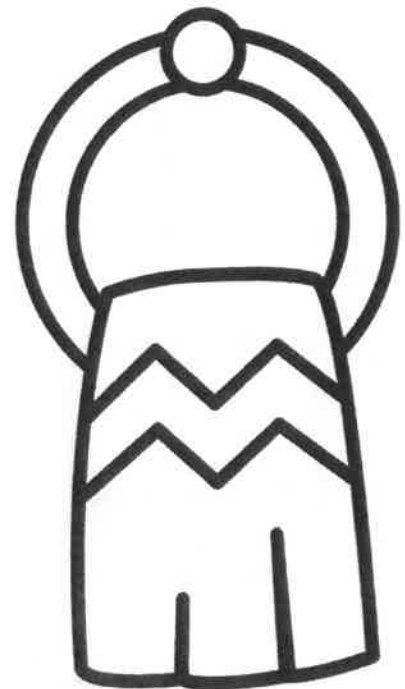
Sink



Soap



Towel



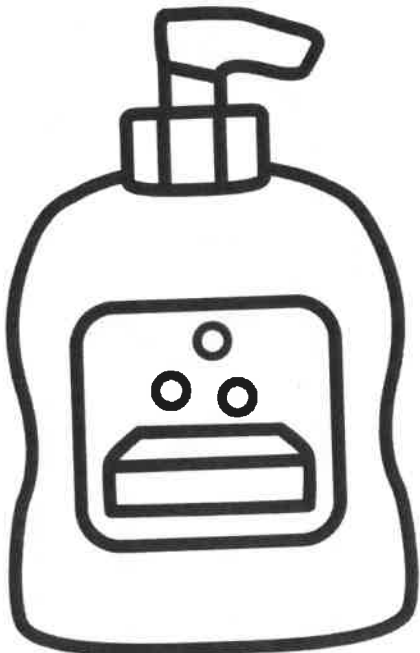
_____ we
dry our hands.



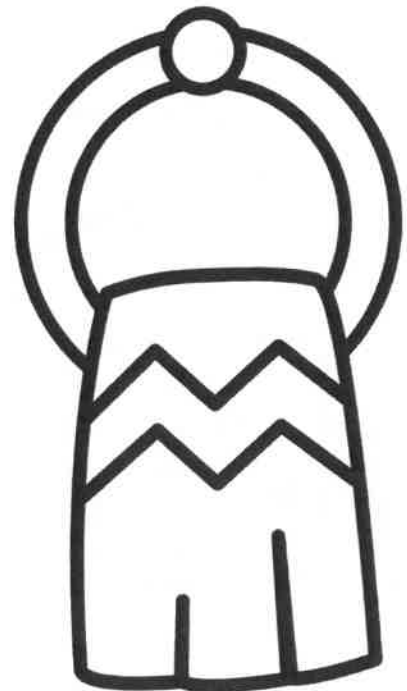
This is a



This is



This is a



3
Washing Our
Hands



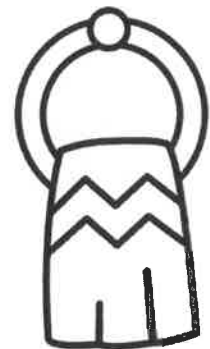
By _____













Sequence and Re-tell

Put the pictures in order, then retell the steps of washing our hands

1

2

3

4

--	--	--	--

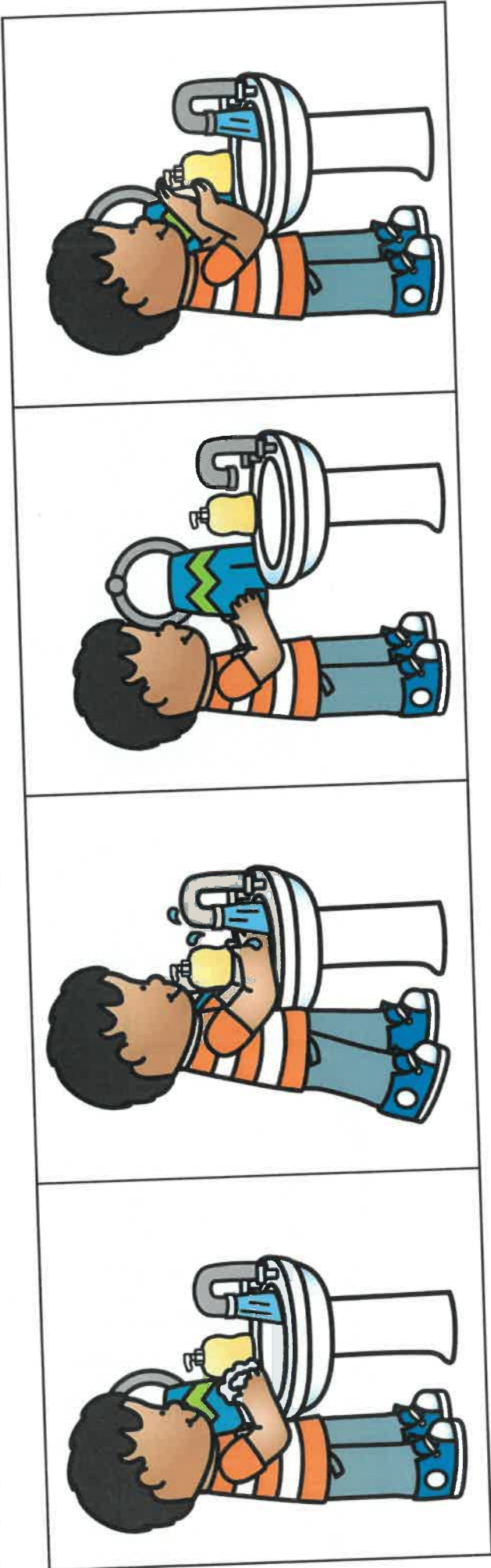
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Visuals for Sequence and Re-tell



Washing Our Hands

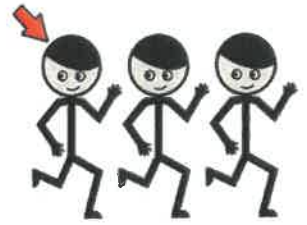
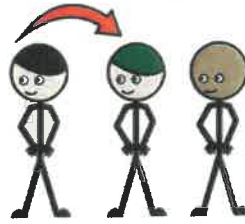
Communication Support

First

Then

Next

Last



1

2

3

4

