



AUTISM TRAINING AND TECHNICAL  
ASSISTANCE PROJECT

# **Summer: How to Make the Most of it!**

Presented by: Carissa Melody

# The Autism Training and Technical Assistance Project

The Autism Training and Technical Assistance Project (ATTA) develops and presents resources that assist individuals with autism in their transition from secondary education to postsecondary education or employment. ATTA provides training and support to important stakeholders as they work to provide an equitable experience for individuals on the spectrum.

# The Illinois Center for Specialized Professional Support

The Illinois Center for Specialized Professional Support (ICSPPS) creates, supports, and delivers professional development for education professionals across Illinois. ICSPPS provides technical assistance, develops publications, and facilitates program improvement strategies for our partners as they relate to college transition, recruitment, retention, and completion—encouraging achievement of special populations learners. ICSPPS was founded in 1977 at Illinois State University and is housed in the Educational Administration and Foundations department in the College of Education.





# Autism Training and Technical Assistance Project (ATTA)

<https://autismcollegeandcareer.com>

icspps impacting educational equity



Illinois  
State Board of  
Education



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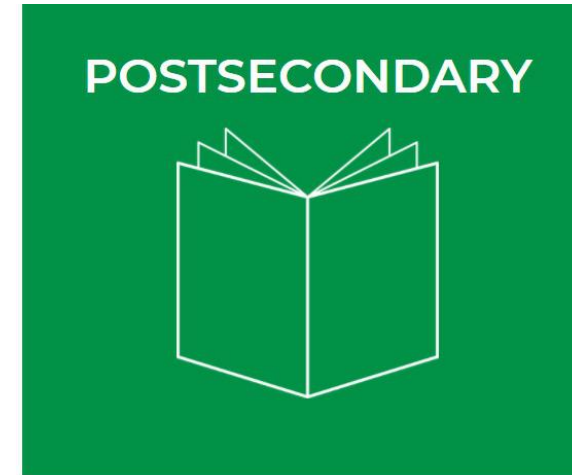
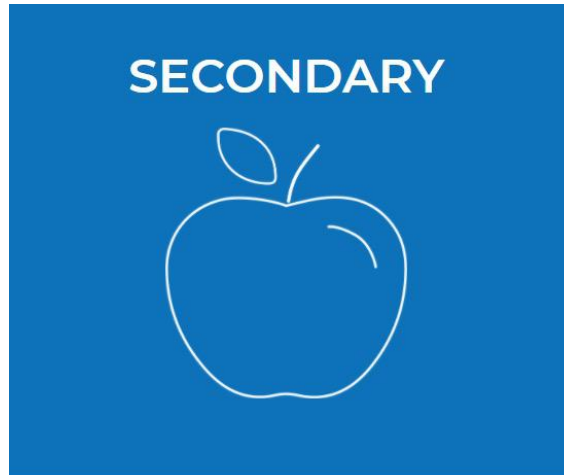


# Which ISBE Region are you Located in?

1. Chicago
2. Northeast
3. Northwest
4. East Central
5. Southwest
6. Southeast



# Which ATTA Stakeholder do you Represent?



# Presenter Information



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## Objectives

- Defining ASD
- Best practices for summer
- Best practices for new skills and opportunities
- Tips for travel
- Tips for safety





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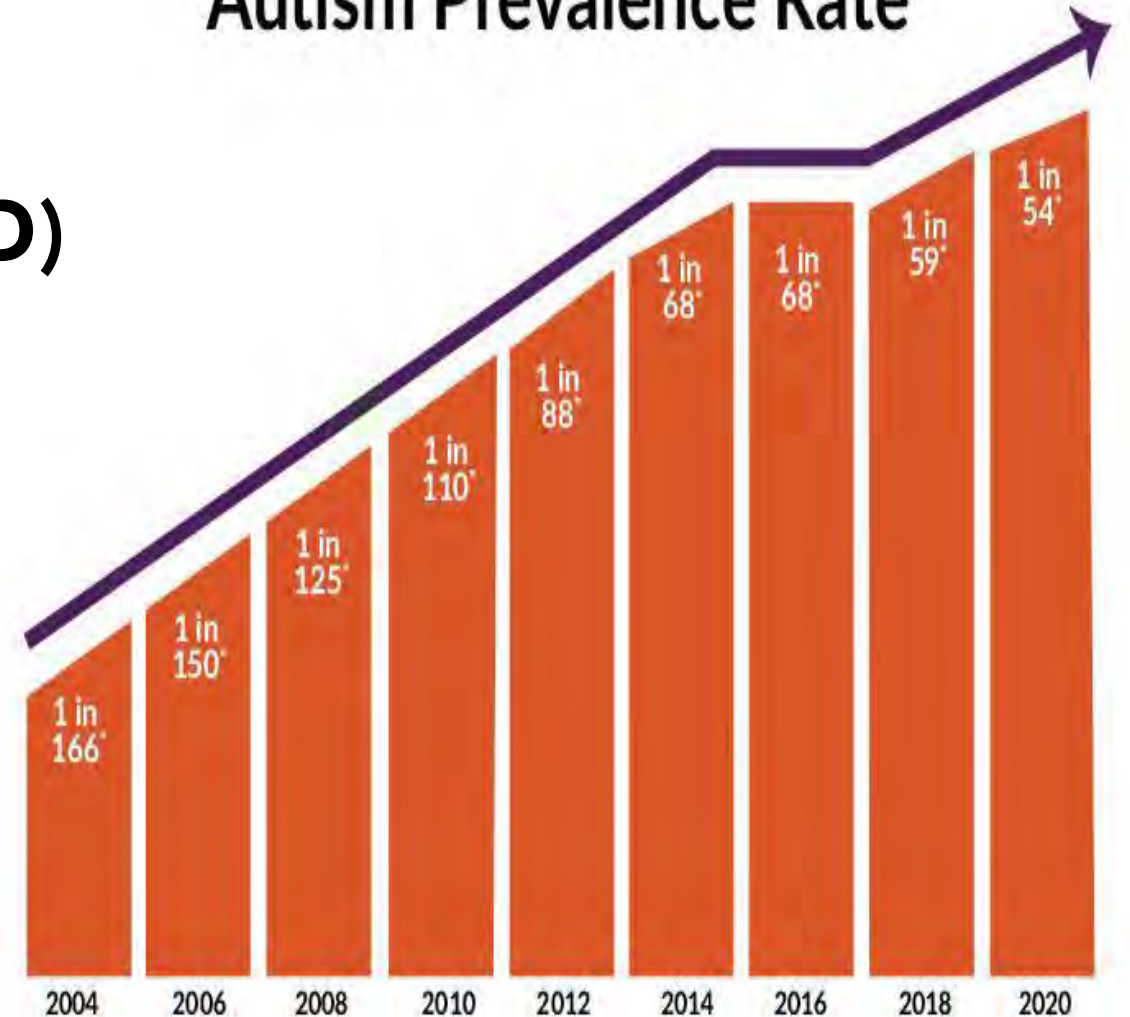
# Autism Spectrum Disorder (ASD)

*statistics and facts*

**Definition:** Autism spectrum disorder (ASD) is a developmental disability that can cause significant social, communication and behavioral challenges.

- **Broad Spectrum**
- **Knows no boundaries**
- **Prevalence Rate:** 1 in 54 children are identified w/ ASD. (<https://www.cdc.gov/>)

## Through the Years: Autism Prevalence Rate



\*Centers for Disease Control (CDC) prevalence estimates are for 4 years prior to the report data. i.e 2020 figures are from 2016.

# Transition to Summer

- Prep time
- Make a plan
- Visual supports
- New skills
- Choice boards
- Activity choices



# Using Visual Supports with ASD

~Effective for all age ranges and cognitive levels

Increase engagement

Assist with processing

Encourage social interaction

Reduce sensory overload

Increase independence

Introduction and Development  
of new or more language

## Suggested Visual Support Uses

Convey rules

Show schedules/calendars

Show routines

Teach new task or skill

Alleviate anxiety about a new situation

Support a calming strategy



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[Visual supports for autism: a step by step guide - Autism Awareness  
\(autismawarenesscentre.com\)](http://autismawarenesscentre.com)

# Poll Question









# Schedules

Outside	Store
Gym	Restaurant
Homework	Shower
Game	TV
Free time	Ipad
Lunch	Dinner
Snack	Break
Bus	Computer
Breakfast	Chore

Wake Up
Breakfast
Playtime
Ms. Trish Visits
Basement
GG Visits Us
Lunch
Watch TV
Go Outside
Naptime
Snack
Watch TV
Supper
Work on iPad

## summer *daily* schedule

### Summer Morning Routine

Morning Chores \_\_\_\_\_  
 Play Time \_\_\_\_\_  
 School Review \_\_\_\_\_  
 Workout \_\_\_\_\_  
 Errands/Playdates \_\_\_\_\_  
 Lunch \_\_\_\_\_

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### Afternoon Morning Routine

Quiet Time \_\_\_\_\_  
 Activity Time \_\_\_\_\_  
 Play Time \_\_\_\_\_  
 Watch TV \_\_\_\_\_  
 Play Time \_\_\_\_\_  
 Bath/Bed \_\_\_\_\_



## DAILY summer SCHEDULE

TIME	ACTIVITY
8 am	Wake up, get dressed and have breakfast
9 am	Morning Chores
10 am	Reading time
11 am	Play outside or play by yourself
12 pm	Lunch
1 pm	Play outside, watch TV or take a nap
2 pm	Activity from the Summer bucket list
3 pm	Activity from the Summer bucket list
4 pm	Activity from the Summer bucket list
5 pm	Bath time
6 pm	Dinner time + evening chores
7 pm	Electronics time
8 pm	Story time + bed time

### Today's Schedule

art	science	1		<input type="checkbox"/>
music group	lunch	2		<input type="checkbox"/>
break	English	3		<input type="checkbox"/>
geography	gym	4		<input type="checkbox"/>
multimedia		5		<input type="checkbox"/>

## SCHEDULE




# Choice Boards & Rewards

~activity, snack, breaktime, fun, rewards, sensory



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**Choice Board**

Easel	Blocks	Math	Pretend
Sensory	Books	Science	Break
Puzzles	Playdough	Writing	Art

computer	playing cards	Play-Doh	beans
toys	read books	draw	rest
arts & crafts	deliver	listen to music	worksheet

**Basic Choice Board**

I	Want	Eat
Drink	Watch TV	Play
Go to the Bathroom	Go Outside	Rest
Tablet	Help	All Done

doll	draw	gym ball
light ball	mirror	slinky

**12 Home Activities that Build Social Emotional Skills**

[www.thepathway2success.com](http://www.thepathway2success.com) Pathway 2 SUCCESS

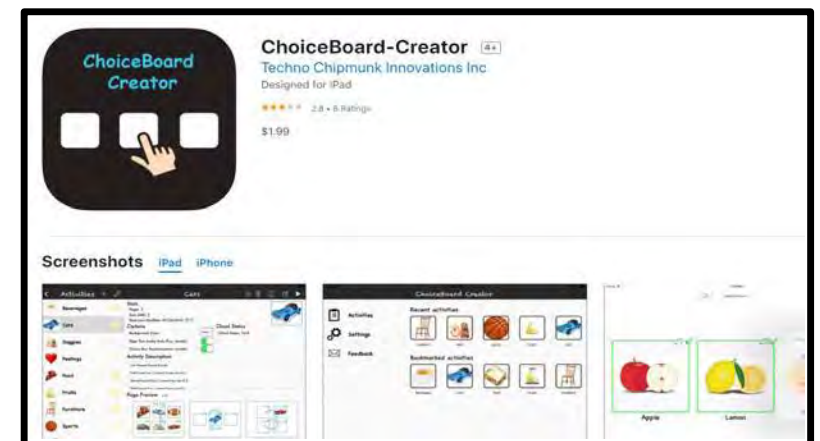
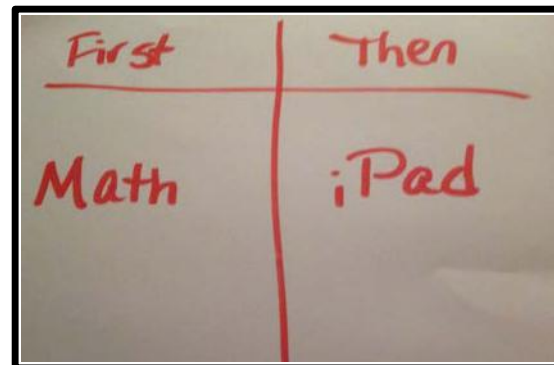
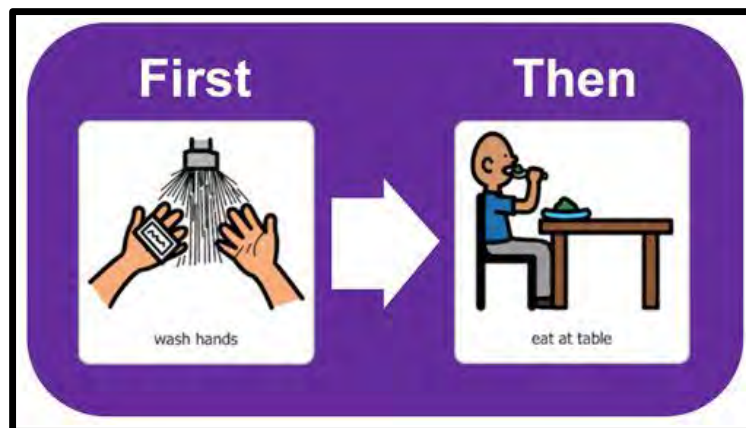
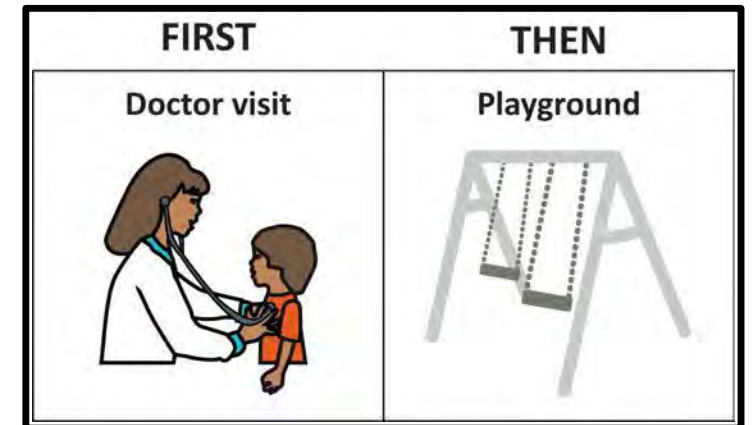
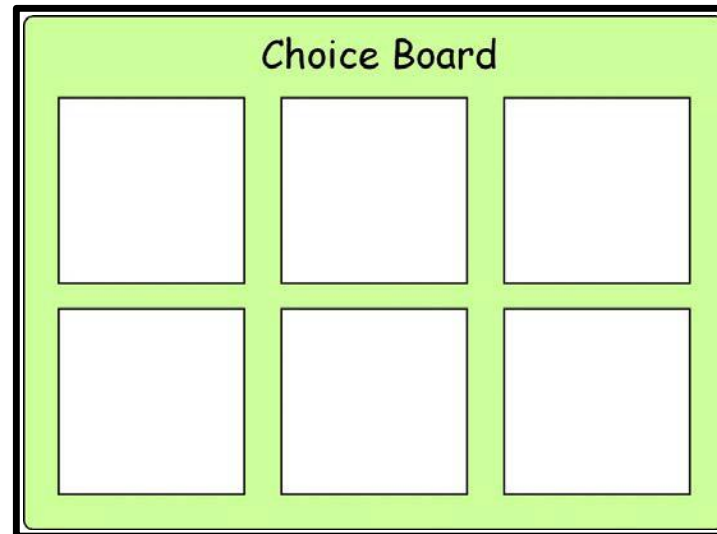
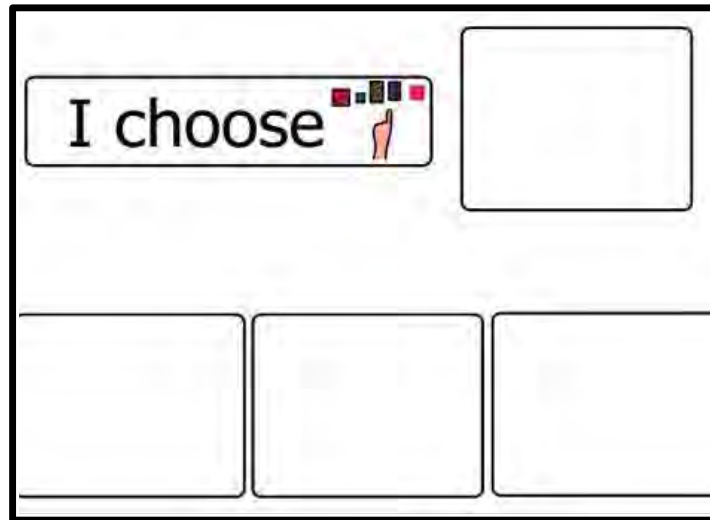
- Play board games and sports
- Go on a mindful walk outside
- Write in a journal or diary
- Practice coping skills, like mindful breathing
- Read picture books
- Practice mindful coloring
- Talk about characters' feelings in a movie
- Start an acts of kindness challenge
- Organize an area of the house together
- Write a self-compliment list
- Use conversation starters to
- Play games like "I Spy" and "Simon"

# Activity Choices

~ Simplified



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# New Opportunities to Explore

~new locations, new activities



**icsps** impacting  
educational  
equity

## Exposure Best Practices

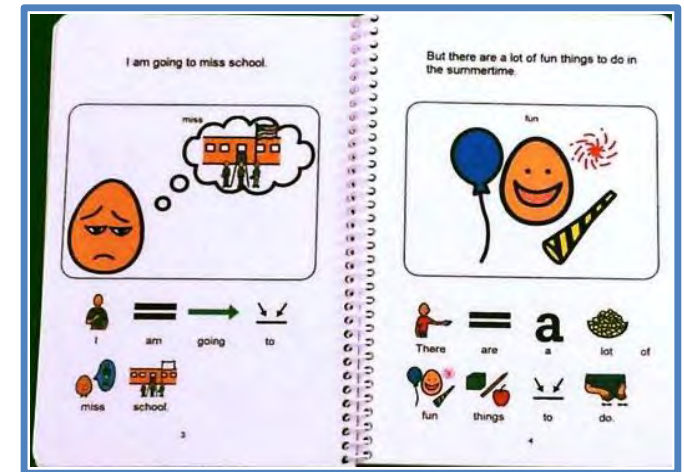
- Social Story
- Drive by location
- Go to location with no expectations
- Step or task list
- Time goal
- Reward



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# Social Story Tips


- First person language
- At their reading level – words only, words with pictures, or one word with a picture
- Focus on one item or event
- Detailed and step by step
- One page, a book, sentence strip, comic strip



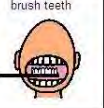













# Task Lists

- Break down skill into small, manageable tasks
- Show completion of each step
- Match to learning style
- Prompt fading






 **Brushing Teeth**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
wet toothbrush 	toothpaste on brush 	brush teeth 	spit in sink 	rinse toothbrush 
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Stocking Merchandise	Done?
 1. Open the box.	<input type="checkbox"/>
 2. Look at the label.	<input type="checkbox"/>
 3. Find the shelf with items that are the same.	<input type="checkbox"/>
 4. Put the merchandise on the correct shelf.	<input type="checkbox"/>
 5. Turn the items so the labels are facing out.	<input type="checkbox"/>
 6. Pull the items to the front of the shelf.	<input type="checkbox"/>
 7. Make sure the items are in a line on the shelf.	<input type="checkbox"/>

## Cleaning My Room

- 1. Make the bed** 
- 2. Pick up clothes** 
- 3. Pick up trash** 
- 4. Stack paper** 
- 5. Put toys away** 



## Getting the Mail

- 1**  Go outside to your mailbox.
- 2**  Open the mailbox.
- 3**  Grab the mail out of the mailbox.
- 4**  Close the mailbox.
- 5**  Carry the mail in the house.
- 6**  Go inside and put the mail on the table.



# Video Modeling

~ watching a video of someone modeling a behavior or skill

## Video Modeling Tips

- Use the actual child or one close to his/her age
- Talk through the video using the same language as a task list
- Show video any time throughout the day, immediately before trying the new task, and after doing the task
- Eventually fade supports or prompts
  - Physical and verbal



# Activity Suggestions

## Outdoor

- Go for a walk
  - Park or hike
- Fine and Gross Motor Tasks
  - Sidewalk chalk
  - Kick or throw a ball
  - Water play
- Swimming pool
  - Public or backyard
- Playground
  - Backyard or park

## Indoor

- Fine and Gross Motor Tasks
  - Drawing
  - Play-doh
  - Rice, Beans, hidden objects
  - Board games
- Music
  - Relaxing or stimulating movement
- Movement or Exercise
  - Stretching, yoga
  - Running, walking
- Sensory Activities
  - Calming or stimulating

**B** – been creative  
**O** – outside play  
**R** – read a book  
**E** – exercise  
**D** – do something helpful for someone else



# Game Playing Communication



I want 	puzzle 	puzzle piece 	different 
my turn 	where 	help 	Look! 
your turn 	again 	put in puzzle 	take out 
It fits! 	It doesn't fit 	I did it myself 	all done 

Puzzles

Let's play 				
Pick a game 		Can I play? 		Let's play again 
This is fun! 		Uh-oh! 		Darn! 
What color piece? 	roll dice 	draw card 	spin 	Move your piece 
My turn! 	Your turn! 	clean up 	more 	all done 

## Specific Choice Boards

- Uno
- Ants in the Pants
- Guess Who?
- Mr. Potato Head
- Building Blocks
- Playing with Cars
- Go Fish
- Puzzles
- Songs
- Drawing



# What Makes me Happy and Calm?





# Sensory Play or Activities

- Teach sensory regulation
- Relaxing or stimulating activities
- Stimming or other repetitive behaviors
- Sensory dysregulation = MELTDOWN
- Manage unwanted behaviors

## Relaxing

- Music - calming
- Swinging
- Drawing/chalk
- Outside play
  - Blowing dandelions, watching leaves fall
- Yoga
- Breathing Exercises
- Heavy work
  - Pushing a vacuum, carrying laundry, wall push ups, push or pull a shopping cart

## Stimulating

- Music & movement
  - Go Noodle
- Swinging
- Outside play
  - Running
  - trampoline
- Obstacle Course
- Heart pumping exercise



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# Independent Living Skills

- **Sleeping**
  - Bedtime routine – chooses a bedtime, bedtime routine, and goes to sleep on own
  - Morning routine – wake self, get dressed, eat breakfast, brush teeth
- **Meal Planning**
  - Table manners, hand washing
  - Grocery list for a meal
    - Compare prices, look at ingredients, local ads & specials, coupons
  - Follow task list to make a sandwich step by step
  - Follow recipe to make a simple meal or portion including preheating oven
  - Fruit and vegetable washing
  - Handle knives, hot pots, and oven safely
  - Don't forget the clean up!





Grocery Store Sensory  
Overload



### Bedtime Routine

- Put on pajamas
- Brush and floss teeth
- Have a drink of water
- Read a bedtime story
- Kiss and hug goodnight
- Get tucked in
- Lights out
- Sleep

### I BRUSH MY TEETH

- Squeeze toothpaste onto your toothbrush.
- Rinse toothbrush under the tap.
- Brush your teeth.
- Spit the toothpaste into the sink.
- Rinse your mouth and smile.

good morning

toilet    breakfast    medicine    grooming    get dressed

### Grocery Shopping List

<input checked="" type="checkbox"/> Milk	<input type="checkbox"/> Macaroni and Cheese
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Butter
<input type="checkbox"/> Bread	<input type="checkbox"/>
<input type="checkbox"/> Cereal	<input type="checkbox"/>



### Grilled Cheese Sandwich

**You will need:** Bread, Sliced cheese, Butter, Butter knife, Spatula, Frying pan

**Ingredients:** 2 Slices Bread, 1 Slice Cheese, 1 Tablespoon butter

**Instructions:** Put pan on stove on low - medium heat

- Lay both slices of bread down on a flat surface.
- Spread half the butter on one slice of bread.
- Lay bread in pan, butter side down, and top with cheese slice.
- Butter second slice of bread with remaining butter.
- Lay bread over cheese in pan with the butter side facing up.
- When bottom bread is browned, use spatula to flip sandwich.
- Cook until other side is browned and remove to plate. Enjoy!



# More Independent Living Skills


~household chores

- Clean floors
  - vacuum/sweep/mop
- Laundry
- Make bed
- Empty garbage, take out trash
- Change light bulbs, batteries
- Clean bathroom
  - shower/tub/toilet

<p><b>Bedroom Cleaning Checklist</b></p> <p>www.happybrownhouse.com</p>	<p><b>Make Bed</b></p> <ol style="list-style-type: none"> <li>1. Pull up sheets and blankets</li> <li>2. Smooth wrinkles</li> <li>3. Put pillows on top</li> </ol> 
<p><b>Clean Floor</b></p> <ol style="list-style-type: none"> <li>1. Pick up toys and clothes</li> <li>2. Vacuum floor</li> <li>3. Wrap up vacuum cord</li> <li>4. Put vacuum away</li> </ol> 	<p><b>Laundry</b></p> <ol style="list-style-type: none"> <li>1. Put dirty clothes in the hamper</li> <li>2. Fold clean clothes</li> <li>3. Put clean clothes in drawers</li> <li>4. Hang up clothes on hangers</li> <li>5. On laundry day, move hamper to laundry room.</li> </ol> 
<p><b>Dust Surfaces</b></p> <ol style="list-style-type: none"> <li>1. Clean top of dresser</li> <li>2. Spray dusting spray</li> <li>3. Wipe dresser, shelves, trophies, etc.</li> <li>4. Put the rag in the laundry</li> </ol> 	<p><b>Empty Trash</b></p> <ol style="list-style-type: none"> <li>1. Empty trashcan</li> <li>2. Replace bag</li> <li>3. Take trash to big trashcan</li> </ol> 

**HOW TO DO THE LAUNDRY**

Check pockets 

Load into washer 

Put in the soap 

Set to cold water 

Press start 

**Room Cleaning**

-  Pick up LEGOs
-  Books on shelves
-  Put away puzzles
-  Clothes in hamper
-  Pick up trash
-  Make bed

**Chores**

<p>make bed</p> 	<p>sort clothes</p> 
<p>empty garbage</p> 	<p>hang up</p> 
<p>match socks</p> 	<p>set table</p> 
<p>vacuum</p> 	<p>sweep</p> 
<p>wipe table</p> 	<p>clean up</p> 

# Restaurant Skills

- Restaurant Communication
- Conversation
- Independence
- Waiting
- Table Manners
- Restaurant Etiquette
- Handling Money



**Going to a Restaurant**  
by: Seshu Halagan

I like going out to eat to a restaurant. I need to have good behavior.

When I get there, I wait and ask the host for a table.

I sit at my table. I look at the menu and pick what I want to eat. When the waitress comes, I tell her what I want to eat and drink.

I wait for my food. Sometimes I get impatient. It's okay, the food will come soon. When the food comes, I say thank you.

I eat nicely. When I'm done, my plate is cleared. I had a great meal!





# Travel Tips – Best Practices



- Plan ahead
  - travel time, food breaks, bathroom breaks
- Calendar
- Daily schedule
- Social stories
- TSA Cares
- Photos of the places you'll see
- Calming activities or toys
- Sensory regulating items

[Passenger Support | Transportation Security Administration \(tsa.gov\)](https://www.tsa.gov)



# Wrap up and Questions



- Defining ASD
- Best practices for summer
- Best practices for new skills and opportunities
- Tips for travel
- Tips for safety



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**Thank you!**

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