

Strategies to Support New Learning Routines and Positive Behaviors

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Slides Courtesy of ECHO AUTISM &
UC Davis MIND Institute

Introductions

Welcome, Tavia L. Lawson
CAC Updates, Tavia L. Lawson
Teacher Incentive Drawing, Tavia L. Lawson &
Angel Lawson-Williams
Introduction of Presenters, Dr. Scott Turner

Presenters

Jennifer Wolfe
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Dr. Jennifer Shubin
Patty Gordon

GOALS FOR THIS EVENING:

- Structuring a "Home School" learning environment & routine using boundaries and time management tools
- Gaining/Sustaining attention through the use of visuals, choices, and high interest materials while supporting positive behaviors

Visual/Physical Boundaries and Structure

- A specific type of **visual support** that uses *furniture arrangement, labeling, and color coding* to make the use of a space stand out and clear

How Can Visual/Physical Structure Be Helpful?

- Can eliminate or minimize distractions
- Can clarify what is expected
- Can reduce anxiety
- Can teach important self management strategies

Kids Need to Know the Following:

Where do I work/put my things?

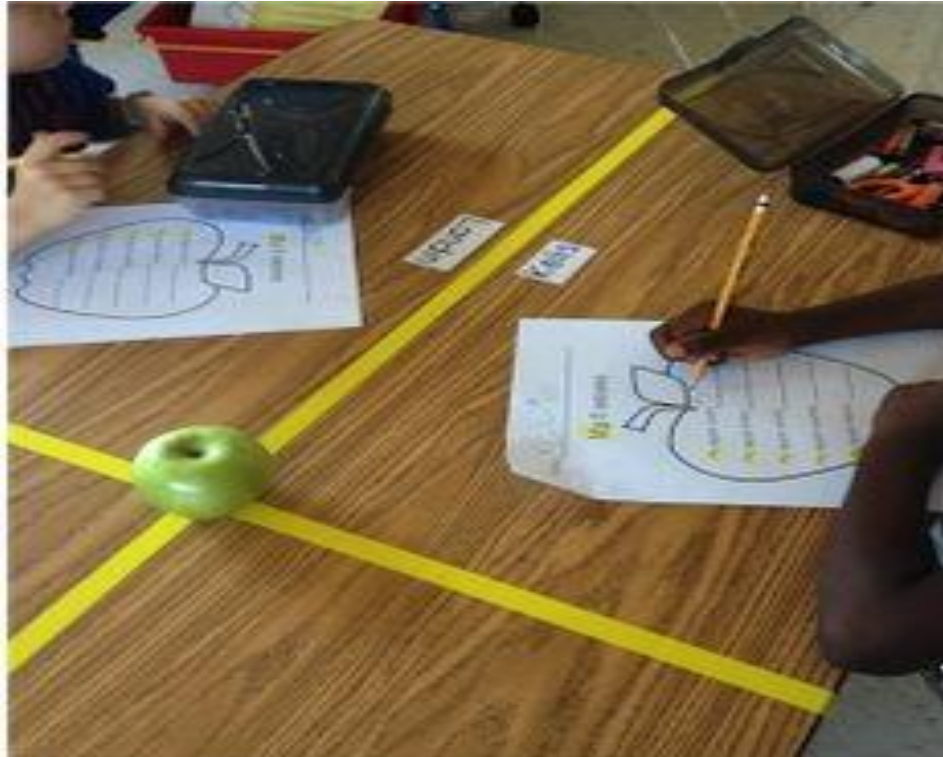
What am I supposed to **do**?

How much am I supposed to do?

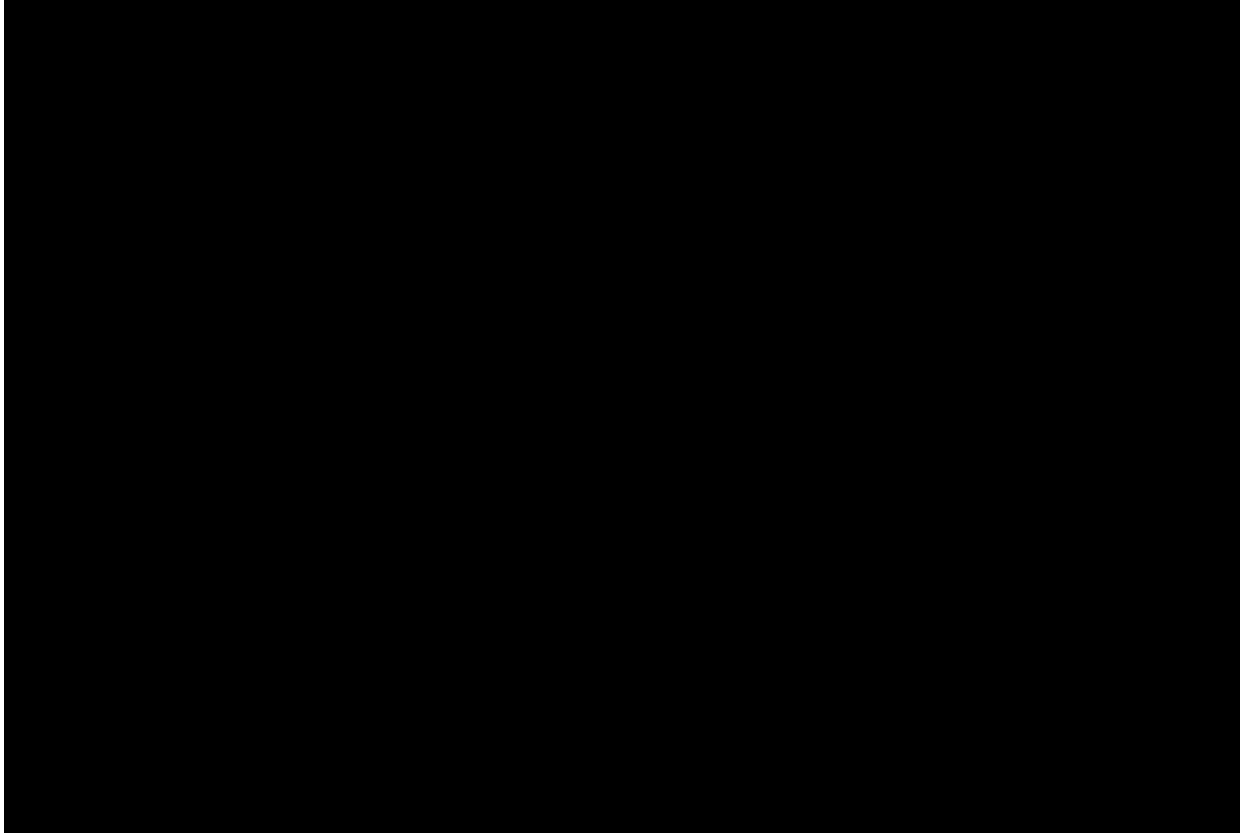
When am I **finished**?

What comes **next**?

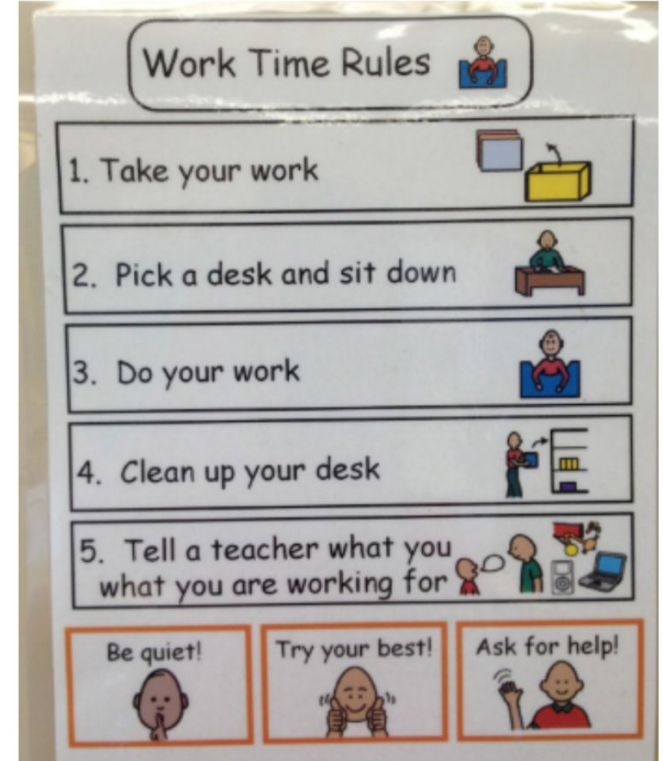
Visual Boundaries & Structure



Let's look at an example of a homework area:



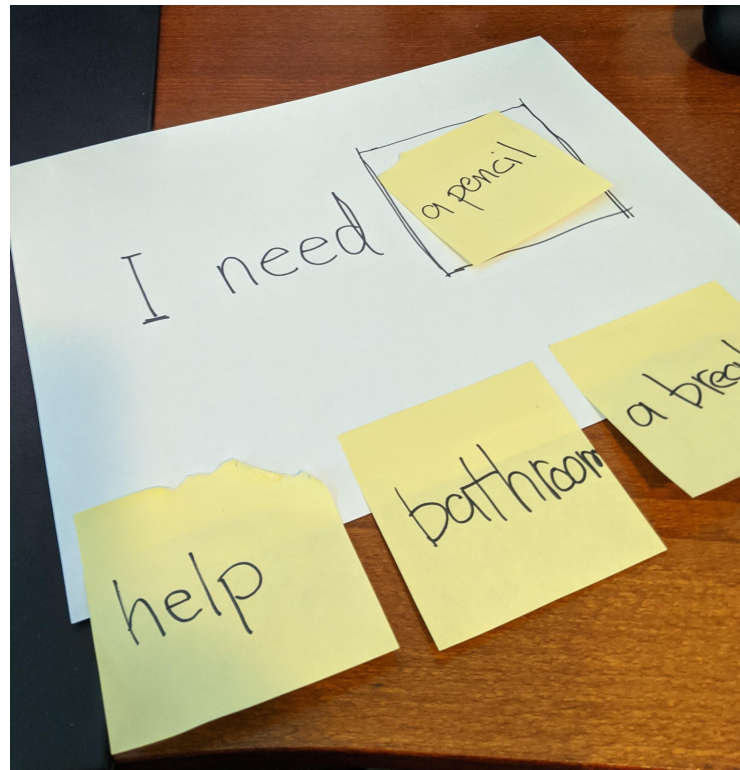
Post Visual Rules and Expectations



Provide Scripts

I need _____.

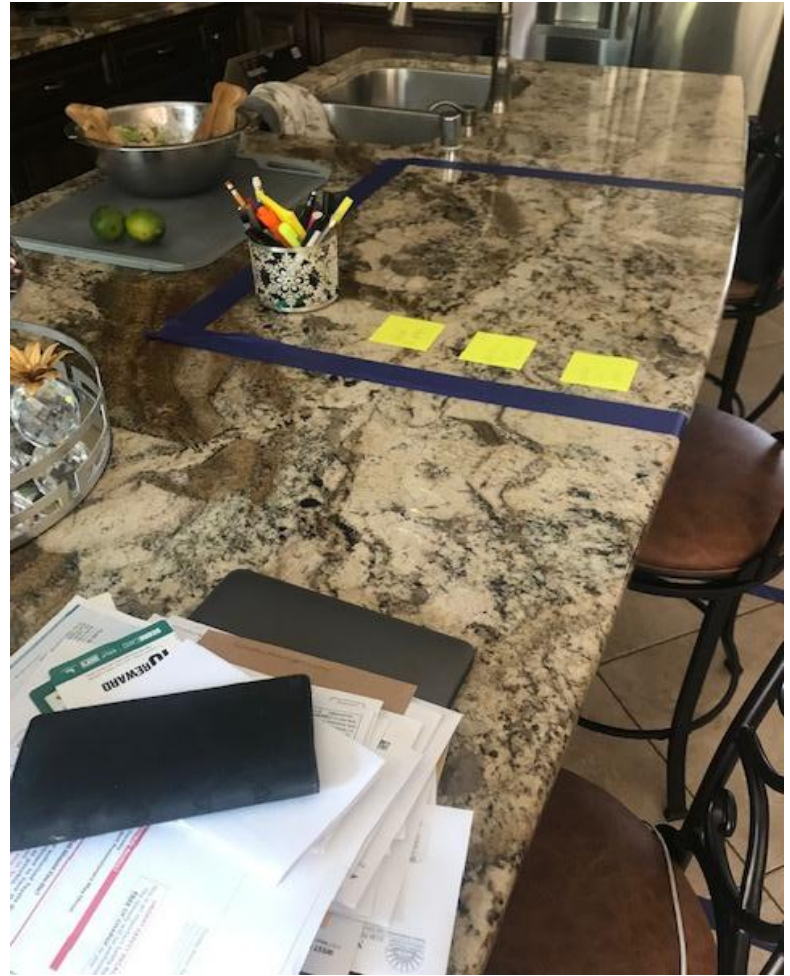
a break	paper
bathroom	water
help	a pencil



Set Up a Work Station









I Have My Space, Now What?

Start small & in short time frames!.....“Go Slow to Grow!”

- Child start doing a task they are familiar with and enjoy in the work space.
- Limit the time they are working, pair the activity with a timer or countdown
- Reinforce with verbal praise, high fives, tangible after the task (if needed)
 - State what you can see them doing.
 - For example, “I see you working in your space and you’re doing an amazing job!!” “I like how you’re working so hard!” “You’re showing me that you’re a hard worker!”

I Have My Space, Now What?

Start small & in short time frames!“Go Slow to Grow!”

- Do this routine for 4-5 days before you introduce any work tasks.
- Introduce 1 small work task that you know the child can do and be successful, have preferred task quickly available to reinforce-pair with “First/Then”

Strategies for Gaining and Keeping Attention

Choose motivating activities and materials

No need to purchase new things, use what you have and what you know your child enjoys and will work for!


Use visual supports to set the expectations

Offer Choices

Build child's tolerance to the teaching activity.

Identify Choices: Things to Earn or Breaktime Choices

This Reinforcer
Checklist is in the
Resources



Autism Focused Intervention
Resources & Modules

Parent Implemented
Intervention (PII)

---PII Reinforcer Checklist---

Learner's Name: _____ Date/Time: _____

Observer(s): _____

Use the reinforcer checklist to help identify appropriate reinforcers. This list includes some generic items/foods/interests, but keep in mind that a reinforcer may be anything that is interesting and motivating to the learner.

Foods for Snacks/Mealtime Routines:

☐ Goldfish

☐ Pizza

☐ Chicken Nuggets

☐ Fruit

☐ French Fries

☐ Pretzels

☐ Chips

☐ Cheese

☐ Ice Cream

☐

☐

☐

Games for Play Routines:

☐ Peek-a-boo

☐ Chase

☐ Burrito games with a blanket

☐ Pat-a-Cake

☐ Tickle games

☐

☐

☐

☐

Toys for Play Routines:

☐ Trains and Cars

☐ Legos

☐ Remote controls

☐ Phones

☐ Computer

☐ Puzzles

☐ Noisy toys

☐ Doll house

☐ Books

☐

☐

☐

Activities Routines:

☐ Movies

☐ TV Shows

☐ Swimming

☐ Park/Playground

☐ Restaurant

☐ Art

☐ Video Games

☐ Computers/Technology

☐ Music


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
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For more
information, visit:
www.afirm.fpg.unc.edu

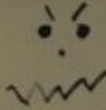




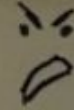
okay



sad



frustrated




mad

I need:

- help
- break
- snack
- hug
- something else?

I feel 

sad


tired



sick



okay



happy


frustrated


excited


silly


scared


angry


BECAUSE

good day


I'm having fun



special activity



something funny


want something else


I'm not ready


too hard


don't like


loud


don't want


not enough sleep


something else



I NEED... 

more time


take a break


help


theraputty


squish ball


squeeze-hug


something else



trampoline


take a walk


draw/write


headphones


listen to music


talk to someone


quiet corner


What Zone Are You In?

Blue



Sick
Sad
Tired
Bored
Moving Slowly

Green



Happy
Calm
Feeling Okay
Focused
Ready to Learn

Yellow



Frustrated
Worried
Silly/Wiggly
Excited
Loss of Some
Control

Red



Mad/Angry
Mean
Yelling/Hitting
Disgusted
Out of Control

Mrs. Pasch's Class's **Toolbox**

Blue Zone Tools

- Snack
- * Zen zone
- * Deep breaths
- * Swing/Play
- * self-talk
- snuggle
- color
- do something else
- talk to adult

Green Zone Tools

- * self-talk
- healthy snacks
- * go with the flow
- snuggle
- laugh
- play
- * zen zone
- coloring

Yellow Zone Tools

- Scream in pillow
- * self-talk
- Special place
- * deep breaths
- * zen zone
- rest
- do something
- talk to adult

Red Zone Tools

- Scream in pillow
- * self-talk
- go to room
- try to laugh
- * deep breaths
- * zen zone
- do something else
- talk to adult

Provide Visuals to Manage Workload

Homework Checklist

Name _____ Week: _____

Fill in your assignments below. Check them off as they are completed.

Math



Mon. _____ ☐

Tues. _____ ☐

Wed. _____ ☐

Thurs. _____ ☐

Fri. _____ ☐

Reading



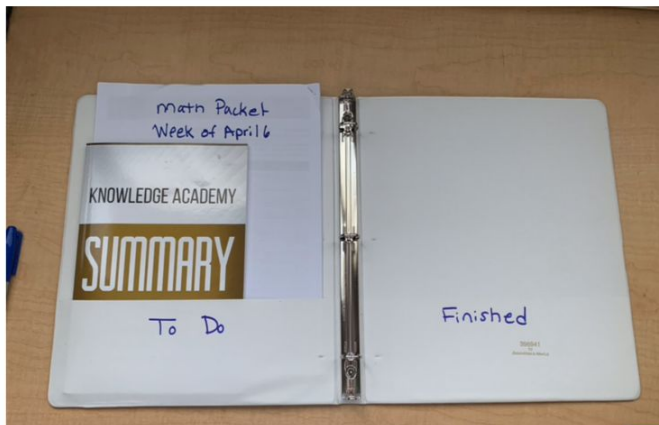
Mon. _____ ☐

Tues. _____ ☐

Wed. _____ ☐

Thurs. _____ ☐

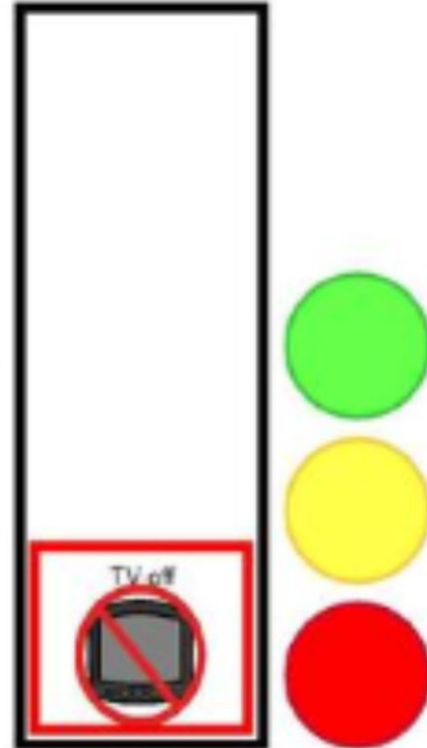
Fri. _____ ☐



How Can Countdown Methods Be Helpful?

- Can visually indicate how long an activity will last (preferred & non-preferred)
- Can help remove power struggles because, “The Timer Said So”
- Can teach students an important self management skill

Countdown Methods

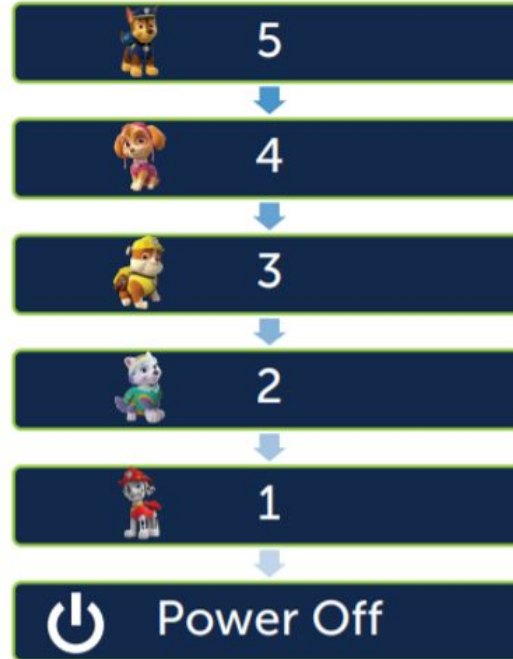


Countdown Methods

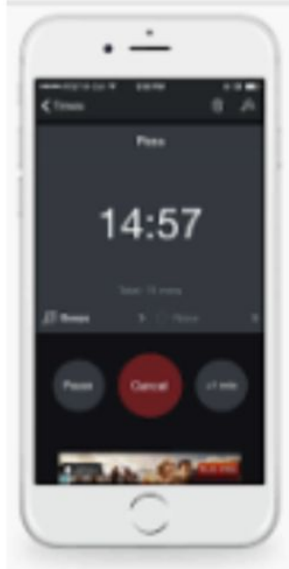
Visual Timer Using Sticker Notes



Countdown Example



Timers and Alarms:



20 Visual Timers for Children with Special Needs

<https://www.friendshipcircle.org/blog/2012/11/06/20-visual-timers-for-children-with-special-needs/>



Choices....Choices....



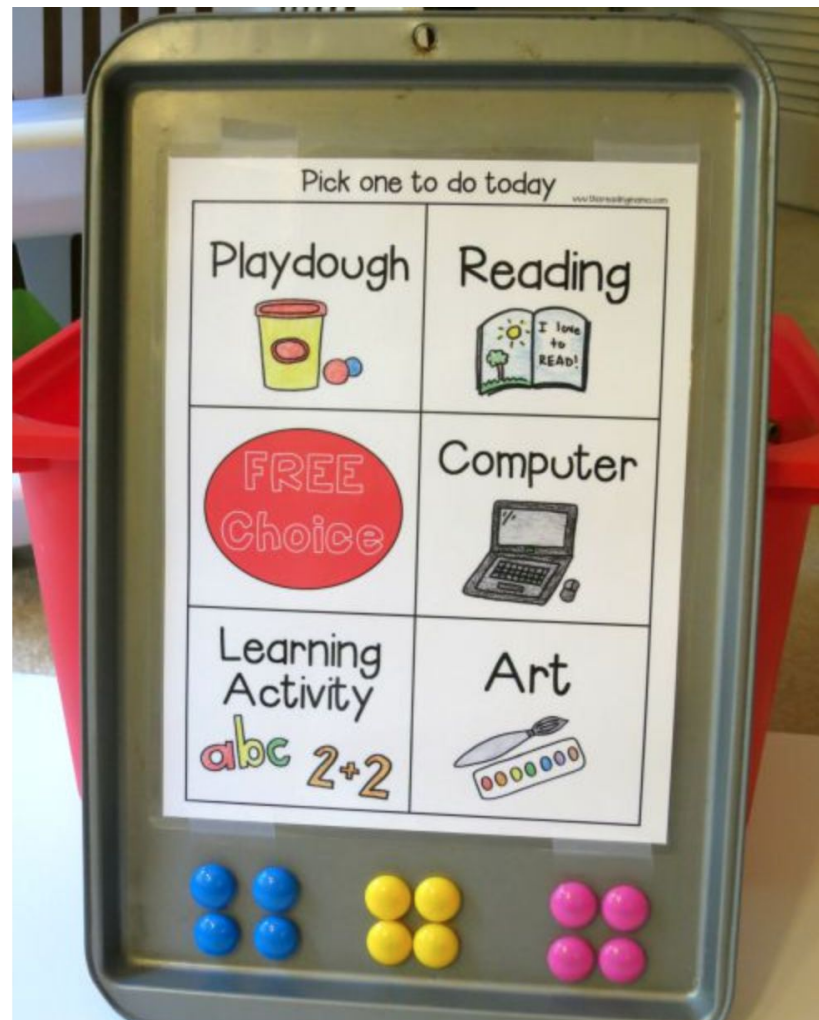
Choice Boards

ART HISTORY

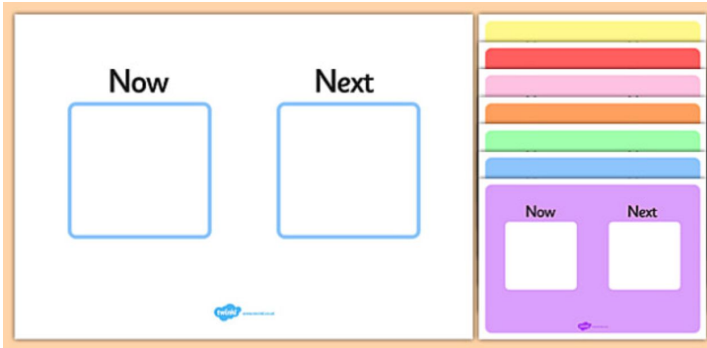
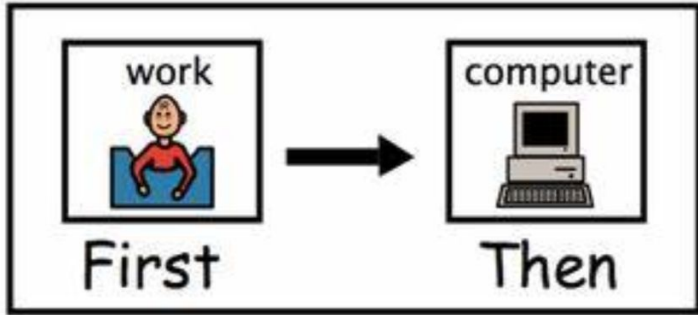
Verbal/Linguistic (Word Smart) Choose an Artist. Write a presentation on the life of this artist. Option: Present your presentation to the class.	Logical/Mathematical (Math Smart) Research the Op Art Period. Create an Optical Illusion on paper or using Adobe Photoshop. Option: Create a String Art Project	Intrapersonal (Self Smart) Choose your favorite artist or art period. Write a self reflection paper supporting why the artist or art period is your favorite. Option: Compare and Contrast two of your favorite artist or art periods.
Interpersonal (People Smart) With one partner, choose an artist or art period that you both like. Create a collaborative work of art in the style of artist or art period you both choose. Option: Present your collaborative work of art to the class.	Activinspire Presentation (Computer Smart) Create an art history flipchart using Activinspire. Choose an artist, your favorite work of art they created, and write two paragraphs describing the art and artist. Option: Present your Flipchart to the class.	Musical/Rhythmic (Music Smart) Write a song, chant or rap about an artist or art period. Option: Present the song, chat or rap to the class.
Visual/Spatial (Art & Space Smart) Recreate a piece of art in the style of an artist or art period. Option: Present your art to the class and explain how your art represents the artist or art period.	Bodily/Kinesthetic (Body Smart) Research an artist or art period. In partners or small groups, write a play about the artist or art period. Option: Record your play before or after school or present live to the class.	Naturalist (Nature Smart) Choose an artist whose art represents your favorite part of nature. Create a piece of art in the style of this artist. Option: Present your art to the class and describe why you choose this artist.



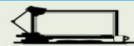
Worksheet/ printable	Game	Worksheet/ printable
Computer time	Free Choice	Game
Worksheet/ printable	Game	Worksheet/ printable



First - Then Visual Schedule System



RESOURCES FOR VISUAL SUPPORTS



Help with making Visual Supports

DO2LEARN Free Picture Cards:
<http://www.do2learn.com/picturecards/printcards/index.htm>

ConnectAbility.ca (Making Visual Supports):
<https://connectability.ca/visuals-engine/>

ConnectAbility.ca (Using Visual Supports):
<https://connectability.ca/2010/09/23/using-visuals/>

Practical Autism Resources:
<http://www.practicalautismresources.com/printables>

Learning more about Visual Supports



MIND Institute TIP Videos:
https://health.ucdavis.edu/mindinstitute/videos/video_mind_tips.html

AFIRM Modules (Visual Supports):
<https://afirm.fpg.unc.edu/afirm-modules>

AUTISM SPEAKS Tool Kit (Visual Supports):
<https://www.autismspeaks.org/autism-speaks-tool-kits>

Understood.org:
<https://www.understood.org>

Indiana Resource Center for Autism:
<https://www.iidc.indiana.edu/pages/autism-house>



APPS for Visual Supports

First Then Visual Schedule (\$9.99)

Choiceworks (\$6.99)

Time Timer (\$2.99)

Visual Cue Lite (FREE)

iStudiez Pro (FREE)

MagnusCards (FREE)

Visual Schedule Planner (\$14.99)

Autism 5-point Scale EP (FREE)

Reading more about Visual Supports



Tasks Galore, by Laurie Eckenrode, Pat Fennell, Kathy Hearsey

The Incredible 5-Point Scale, Second Edition, by Kari Dunn Buron and Mitzi Curtis

Visual Supports for People With Autism: A Guide for Parents and Professionals (Topics in Autism), by Marlene J. Cohen and Peter F. Gerhardt

Visual Strategies for Improving Communication: Practical Supports for Autism Spectrum Disorders, by Linda Hodgdon

Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential, by Peg Dawson

Additional Resources

CAPTAIN (<https://captain.ca.gov>)

<https://padlet.com/SELPACAPTAIN/xr3r3q3szpyf>

Step by Step-How to Use Visual Supports
(<https://handsinautism.iupui.edu/tools-resources/how-to>)

First/Then Video Explanation (<https://youtu.be/m5Kp-EvL2BA>)

Countdown Strategies (<https://youtu.be/IHzWA041NTI>)

Choice Boards (<https://youtu.be/kwwTc3DfKFs>)

Printable Schedules, Social & Emotional/Social Skills
Activities(<https://www.twinkl.com/resource>)

Thank you!

Questions?

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