

COVID-19 Resources: Fall 2020

Supporting Children and Families Returning to School

Content	Description	Website/Contact Information
Social Stories and COVID-19		
Social story about germs	The Autism Society of North Carolina created a social story about germs.	https://www.autismsociety-nc.org/wp-content/uploads/Germs-Social-Story.pdf
Social stories in other languages	This site created social stories in multiple languages.	https://www.mindheart.co/descargables
Visual Supports and social stories/ narratives	The Autism Society of North Carolina created visual supports and social stories/narrative	https://nationalautismassociation.org/covid-19-resources-for-families/
Social story about coronavirus	Northfield public school, Little Puddins: the autism educator, and Carol Gray have created social stories about corona virus for children.	https://drive.google.com/file/d/1ER6KKTzw2cbj0RkYd7pyrsRlaUlgTfEo/view https://littlepuddins.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf
Routines, Structure, and Stress Management		
Collaborative Life Skill Program	Resources for Coping During COVID-19: numerous printable flyers for parents to manage daily routines and distant learning.	https://clsprogram.ucsf.edu/s/resources
Setting up daily routines	This is a video presentation to support parents implement daily routines	https://www.youtube.com/watch?v=SWtvDBv2sWs&feature=youtu.be
Self-Care and Management expectations for parents	This is a video presentation to support parents with children with special needs	https://www.youtube.com/watch?v=At_rWy10T9w&feature=youtu.be
Managing Challenging behaviors	This is a video presentation to support parents manage challenging behaviors	https://www.youtube.com/watch?v=JaftWMuV234&t=3s
The Cooperation Chart	Suggestions and ideas to manage with behavior problems during COVID	English: https://www.thecooperationchart.com/download-the-cooperation-chart Spanish: https://www.thecooperationchart.com/spanish-materials
Dealing with anxiety and stress	Suggestions and ideas to manage anxiety and stress during COVID	https://effectivechildtherapy.org/?s=covid
Coping and managing stress	CDC has provided ideas and tips on how to deal with stress.	https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/index.html

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Parenting in a Pandemic: Tips to Keep the Calm at Home	“HealthyChildren” has created resources to support parents during COVID-19	https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Parenting-in-a-Pandemic.aspx
Positive Parenting in the Time of COVID-19	Published visually friendly handouts with suggestions for parents on how to constructively interact with their kids during confinement, stay positive, manage stress, and talk about COVID-19.	https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting
Tips to deal with stress and anxiety	NIMH created infographics to help children cope with stress and anxiety	https://www.nimh.nih.gov/health/publications/so-stressed-out-infographic/index.shtml
Strategies to support individuals with ASD	Autism Focused Intervention Resources and Modules listed several strategies to support individuals with ASD, including <ul style="list-style-type: none"> –Support understanding –Offer opportunities for expression –Prioritize coping and calming skills –Maintain routines –Build new routines –Foster connections (from a distance) –Be aware of changing behaviors 	https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times?fbclid=IwAR2IM3AziXzISwkcVmkW-j66804WwH3U7XFBKgvnmuyypOtvQUXcwqfUWiy
Supporting Individuals with Autism through Uncertain Times	This site provides 7 support strategies are designed to meet the unique needs of individuals with autism during this period of uncertainty.	https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times
School Closure Toolkits	Easterseals Illinois Autism Partnership (IAP) developed a toolkit that includes information about schedules, token board, and other resources. They also have other resources including social stories about the coronavirus and social distancing for children and adults.	https://qrcgcustomers.s3-eu-west-1.amazonaws.com/account4876975/6552095_2.pdf?0.11589340381807767 https://www.easterseals.com/chicago/explore-resources/autism-resources-1.html
Supporting families with children with ASD	This Autism Speaks has several topics, including <ul style="list-style-type: none"> – Coping with disrupted routines – Continuing clinical care during social distancing, – School/program closures – Flu teaching story 	https://www.autismspeaks.org/covid-19-information-and-resources
Strategies to decrease stress and worry	Tamar Chansky has created a blog to help children to stay calm	https://tamarchansky.com/how-to-calm-your-kids-and-yourself-in-the-covid19-shutdown-find-the-helpers/
Strategies and tips to decrease fears and anxiety	The Anxiety and Depression Association of America has posted several videos and resources for parents, children, and teens dealing with anxiety, including <ul style="list-style-type: none"> -Homeschooling During The Coronavirus Quarantine - Anxiety & COVID 19 Part 2: Tips for Parents 	https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources

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	- Recommendations for Children and Parents: Managing Anxiety and OCD During COVID-19, Blog- AustinAnxiety.com -Child and Caregiver Anxiety and Fears about COVID-19, Vimeo Podcasts	
Apps for Deep Breathing & Relaxation	Antistress (offers soothing visuals Breathe+ (simple, adjustable breathing app) Stop, Breathe, and Think Kids (select an Emoji and it provides a short meditation to help)	Downloadable through Google Play for Android users or the App Store for iPhone users
Tips for Caregivers and Individuals	The National Autism Society has listed several teaching tools for children and tips for parents	https://nationalautismassociation.org/covid-19-resources-for-families/
Helping Children Cope with COVID-19	A simple guideline produced by the World Health Organization to help children cope with stress during the COVID-19 outbreak.	https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2
School and Learning from Home		
Yong Mind Inspired	Free lesson plans, film study guides, online activities, and educational resources	https://ymiclassroom.com/
Indiana Resource Center	Social Skills Resources for Online Learning collected by Melissa Dubie, M.S., and Betty Lou Rowe, M.Ed	https://www.iidc.indiana.edu/doc/resources/social-skills-resources-for-online-learning.pdf
Transitioning Back to School	This is a tool kit with tips to help children adjust going back to school	English: https://www.semel.ucla.edu/sites/default/files/autism/pdf/C-OVID-19%20Resource%20Handbook_English.pdf Spanish https://www.semel.ucla.edu/sites/default/files/autism/pdf/C-OVID-19%20Resource%20Handbook_Spanish.pdf
Back-To-School resources	“Our Sleeves” created worksheets to help parents be a voice for their child with their school	For parents: https://www.onoursleeves.org/find-help/tools-for-you/back-to-school-guide#getting-ready For teachers: https://www.onoursleeves.org/find-help/tools-for-you/back-to-school-guide/for-teachers
Colorado Department of Education Learning at Home Resources	Provides a list of best practices for at home learning for families and a number of online learning resources	https://www.cde.state.co.us/learningathome
Online Learning Resources	We are Teachers’ sites has listed learning resources for children in elementary, middle, and high school. Remote learning and virtual classroom are also available.	https://www.weareteachers.com/free-online-learning-resources/
Ideas to manage transitioning to a new school year	“Infoaboutkids” provides tools to help children with beginning school year.	https://infoaboutkids.org/blog/beginning-a-new-school-year-during-covid/

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Managing worry	"Infoaboutkids" provides tools to help children manage worry, anger, and stress	https://infoaboutkids.org/?s=covid	
OSEP COVID-19 – Serving Children with Disabilities Announcement 3/21/20	Ensuring compliance with Individuals with Disabilities Education Act (IDEA), † Section 504 of the Rehabilitation Act (Section 504), Title II of the Americans with Disabilities Act shouldn't prevent any school from offering educational programs thru distance instruction.	https://www2.ed.gov/about/offices/list/ocr/frontpage/faq/rr/policyguidance/Supple%20Fact%20Sheet%203.21.20%20FINAL.pdf	
Center for Mental Health in Schools at UCLA	Promoting Staff Well-being and Preventive Burnout as School Re-open	http://smhp.psych.ucla.edu/pdfdocs/staffwellbeing.pdf	
Other Educational Resources	This list contains several websites with free educational and learning tools	LittleGoldenBooks.com ConstitutionCenter.org Reading.ECB.org KhanAcademy.org StoryLineOnline.net abcya.com duckters.com	PBSkids.org highlighskids.com SwitcherooZoo.com Kids.NationalGeographic.com discoverykids.com coolmath.com Seussville.com Starfall.com Funbrain.com abc.mouse.com raz-kids.com scholastic.com
At-Home Heavy Work Ideas			
And Next Comes L's Heavy Work Activities for Home printable	Contains ideas for 30 different at home heavy work activities to continue sensory processing work they may be doing in therapy and/or in school.	https://www.andnextcomesl.com/2017/04/heavy-work-activities-for-home.html	
Incredible Heavy Work Activities to Regulate Kids	Over 40 heavy work activities for kids, toddlers, and preschoolers that are designed to help calm and improve attention. Many of these activities can be done through natural activities your child is already doing!	https://yourkidstable.com/heavy-work-activities/	
40 Heavy Work Activities for kids	40 easy at home activities developed by an OT to continue building your child's sensory diet.	http://mamaot.com/40-heavy-work-activities-kids/	
Heavy Work Activities (Proprioceptive Input) to help with sensory processing difficulties	Overview of heavy work and its benefits and a list of heavy work at-home activities and exercises	https://www.sensory-processing-disorder.com/heavy-work-activities.html	
Indoor Gross Motor Ideas			
Easy at Home Gross Motor Obstacle Course	Fun ideas for how to set up an indoor gross motor obstacle course that can address balance, focus, coordination, jumping, crawling, and more.	http://adventuresathomewithmum.blogspot.com/2013/02/easy-gross-motor-obstacle-course.html	
Painter's Tape Activity & Craft ideas	Links to over ideas for painters tape activities and crafts that can build gross motor skills, serve as a fun obstacle course, and keep kids occupied!	https://www.agirlandagluegun.com/2017/05/40-painters-tape-games-activities.html https://www.todayparent.com/kids/antsy-kids-in-school/	

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15 Animal Walks for Sensory Input	Fun animal walks/poses to include proprioceptive and vestibular input on a daily basis at home.	https://lemonlimeadventures.com/animal-walks-sensory-diet/
General Indoor Activities for Kids		
50 Indoor Activities for Kids	A list of 50 activity ideas to do with kids indoors. It's a perfect reference when you're running out of ideas.	http://adventuresathomewithmum.blogspot.com/2013/02/easy-gross-motor-obstacle-course.html
Virtual Field Trips	Links to 25 virtual "field trips" to museums, zoos, aquariums, cities, and more. Some field trips are offered via video while others are slightly more interactive.	https://www.weareteachers.com/best-virtual-field-trips/
Denver Library Storytime & Bookclubs	The Denver Library is hosting virtual book clubs and story time for the stay at home period. You do not need to have a library card to participate. Storytime happens every Friday morning: 9am–Spanish storytime/10am–Toddler storytime -11am– All ages storytime	https://www.denverlibrary.org/blog/library-events/jenny/engage-us-online-book-clubs-storytimes-programs
Arapahoe Libraries Storytime at Home	Arapahoe Libraries are offering a storytime on Friday April 3 rd at 10a for kids ages 0-5. They will likely repeat if it's a success!	https://arapahoelibraries.bibliocommons.com/events/search/index
Online Autism Resources for Parents with Young Children		
Online Teaching Modules	-The Center for Excellence in Developmental Disabilities (CEDD) at the University of California, Davis MIND Institute has created modules in English and Spanish that include 10 interactive, self-paced, online lessons: - Module 1-Strategies for Teaching Functional Skills : provides parents with tools and training to more effectively teach their children with autism spectrum disorders and other related neurodevelopmental disorders functional skills using applied behavior analysis (ABA) techniques. - Module 2-Positive Behavior Strategies for Your Child with Autism : provides information that will help parents more effectively teach and support positive behavior.	https://health.ucdavis.edu/mindinstitute/centers/cedd/adept.html
Early Start Denver Model	The C-ESMD was created by Sally Roger and Aubyn Stahmer and this website allows access to different modules, including - Increasing Children's Attention to People - Increasing Children's Communications -Joint Activity Routines to Increase Your Child's Learning and Communication -The ABCs of Opportunities for Learning (Sign up using the link and Logging in will provide access to modules)	https://helpisinyourhands.org/course
Challenging Behaviors	Autism Speak also has a toolkit with strategies to manage challenging behaviors	https://www.autismspeaks.org/sites/default/files/2018-08/Challenging%20Behaviors%20Tool%20Kit.pdf
ABA 101	Autism Speak also has a toolkit with information about applied behavior analysis.	https://www.autismspeaks.org/sites/default/files/2018-08/Applied%20Behavior%20Analysis%20Guide.pdf