Tips and Guidance for Home Learning Pupils with AUTISM

1. Try to establish a routine

Not just for your learning activities

but for all your daily activities such as

dressing, eating etc.

Children with autism thrive on routine

and will adapt to the change once they

know what the day is going to look like.

Some children may even prefer to wear

their uniform for ‘work’ tasks.

1. Use a visual schedule if possible

Once you’ve decided on the routine,

if possible, set it out visually so it is clear,

at a glance, what the day will look like.

One of your daily activities could be creating

this together.

Agree on a set number of key tasks per

day. Remember no one is expecting the

children to be working for the whole day!

1. Reduce demands – keep it simple

Try to think of it as practice – keeping their

reading, writing and math’s skills ticking over

rather than trying to teach new information

or move them on too quickly. Many pupils

with ASD are demand avoidant and increasing

demand can lead to anxiety and stress rising

and possible meltdown which will be counter

productive.

1. Not all learning involves writing it down!

Many of our children with Autism are known

for their creativity and skills in designing and

making! Put these skills to good use and have

a project around a theme that can be worked

on over the course of a few days or week.

For example design and build a new fairground

Ride, space craft etc using things you have at home.

1. Now Next Board

We the language Now Next to motivate our

pupils. It gives them incentive to complete the

set/required task (the Now) knowing that a

reward or treat is coming Next!

“Now we are going to do 15 minutes of maths

but next you can choose”



1. Focus on Well-Being

Many pupils will miss the routine of school

and will be finding this unusual time very

frightening!

Include some activities during the day that

will support their emotional health and

well-being such as Yoga, relaxation, crafts

mindfulness activities. Sensory diet is also

essential!

1. Lego

Lego is always a firm favourite but it can

be used in so many ways to promote learning

as well as for good old relaxation and fun!

Lego can be used to visually support spelling

and maths among other things. There are lots

of ideas on line just google Lego Spelling for e.g.

but don’t forget to just let them build, build,

build as this will promote relaxation and mental

well-being.

1. Build a den!

Many pupils with ASD love nothing better than to

hide away in a quiet, safe place. Den building can

be great activity which incorporates design and

making skills, problem solving, collaboration but

ultimately it will give them a perfect hiding place

to chill, unwind and relax the mind. It’s amazing

what you can do with some sheets, towels and

other household objects!

*REMEMBER WE ARE NOT EXPECTING YOU TO REPLACE YOUR CHILD’S TEACHER*

* Try not to panic about trying to teach your child new skills and knowledge – focus on practice and consolidation
* If things are causing stress, anxiety and meltdowns try different activities and tactics or just take some time out
* 1:1 learning can be intense – no one is expecting your children to do a full school day! Give yourself and your children a break!
* Don’t forget the practical subjects such as PE, Art, Design etc all still count as home learning, it isn’t all about Maths, Writing and Reading.

***Some useful links and websites and search ideas:***

***Google searches:***

***(****these should lead you to a range of websites and resources, not all of which have been tested or checked by us)*

* *Cosmic Kids – yoga and mindfulness videos on You Tube*
* *Lego maths*
* *Lego spelling*
* *Mindfulness for kids*
* *Pinterest has many ideas for den building, sensory play, crafts etc*
* *Sensory activities for children*

<https://www.kids-konnect.com/blog/7-fun-sensory-activities-for-kids-with-autism>

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

<https://www.autism.org.uk/about/family-life/parents-carers.aspx>

<https://www.learning4kids.net/list-of-sensory-play-ideas/>

<http://www.playideas.com/25-awesome-lego-activities-for-kids/>

<https://www.youtube.com/user/CosmicKidsYoga>