

9.20-9.35	Self-Care skills, handwashing task analysis using visuals
9.35- 9.45	Looking at Calendar, pointing to home. Reading their social stories. Go over what you're going to do today.
9.45-10.15	Functional communication session, with preferred items (iPad, Trampoline, pilates ball, bubbles and timer or small amounts of preferred treats). Aim for 15 or more requests during this time.
10.30-10.40	PE- relaxing activities. Being rolled into a blanket burrito, squeezes with a peanut ball, a short walk while carrying heavy books, throwing and catching, a simple obstacle course or going up and down the stairs.
10.40-11.00	Snack/ Play Time.
11.20-11.30	Self-Care Skills, hand washing task analysis using visuals
11.45-12.00	Table top work- something simple- with a token board and a high level of praise and reward. (Only if practical)
12.00-12.20	Art/ Science/Sensory play- Free painting, play-dough, sand/ lentil/ shaving foam play.
12.20- 12.40	Relaxation time- turn the lights out, and cuddle them up in blankets with a screen and some relaxing music. If you make it the same every day, it will be less alerting and more soothing and predictable.
12.40-13.00	Snack Time, handwashing, toilet time
13.00- 13.30	Physical Activity- a walk, a run, swinging, climbing, time on a scooter if possible.
13.30- 13.45	Fine Motor Activity: see tips below for fine motor activities with household items
13.45-14.05	Food Play/ SPHE
14.05-14.20	Handwashing, Self Care Skills
14.20-14.40	Paired Reading/ DEAR time
14.40-15.00	Functional Communication again, with high-interest items (ideally they will be using their communication throughout the school day, but a session of requesting preferred items is a nice way for them to finish the day with a treat!)

PE Equipment that might be useful to have/ order in: pilates ball, blanket for blanket swing, hammock, theraband/ resistance band, peanut ball, a ball. Equipment you can make at home: box/bag full of heavy items to carry, hurdles to climb over safely, cushions for a blanket fort, two duvets in a single duvet cover for a heavy, calming blanket.

IEP goal wise- receptive language is going to be important for them over the next while. Simple motor imitation activities, paired reading or moving to action songs will boost their comfort with and skill in following instructions.

Relaxing Music-wise: If you make it the same every day, it will be less alerting and more soothing and predictable. Songs that our class have enjoyed at relaxation time over the past while- True colours from the Trolls Movie, Orinocco Flow by Enya, Feels Like We Only Go Backwards by Tame Impala, Shotgun by George Ezra, Doo-bee-doo by Freshly Ground, White Knuckles by OkGo.

Simple Fine Motor Activities: **posting into box** (cut a hole in the lid of a box and they can pick items up and post them in- little toys, blocks, buttons, for example. Be aware of choking hazards with

this.), **Threading**- you can punch holes in a piece of strong cardboard and get them to wind a shoelace through it, you can get them to place penne pasta on a shoelace or a pipe cleaner, **Pegs**- Pegs are brilliant for fine motor, to build that pincer grip, you can put them around the edge of a bucket, plastic or paper plate, or box and the student can take them off and drop them into the box. They can also put them back, though this might require more support, depending on their finger strength. **Matching word to picture or numeral to quantity** is also very handy to do with Pegs, you can just write the word/ numeral on the peg and they pin it on to the correct picture. Inset puzzles, particularly the ones with handles are good for basic fine motor, they retail for around 5.99 in Smyths. The bigger the handle, the more easy it is to complete independently. **Muffin Trays** can be used for sorting activities. Sorting by colour, shape, etc. Place one item of each colour in a muffin tray as a guide. You can also pre-sort them items, or have another child who is at home do it, and have the student tidy up, if that will be easier or more satisfying for them. **Play-Dough** is great for fine motor skills, rolling it into a sausage and cutting it with a safety scissors, rolling it into a ball and placing each ball into one section of an ice-cube tray, using a fork to lift pieces of it from a place and place them back into the box.

**Food Play**-so many people with autism have a limited diet, and exposure to food in a playful, non directive way can help them to learn to tolerate and try new things. Some ways in which they can play with food include: sensory play with items like rainbow spaghetti (spaghetti that has been dyed with food colouring and oil, perhaps something that another child at home might like to prepare with you for them), painting with potatoes, carrot sticks, dry sensory play with lentils, rice, spilt peas, etc, simple baking, emptying cups of flour into a bowl and helping to stir dough. Even just having some unfamiliar foods on the table beside them while they watch their favourite show on tv is pairing up food with a positive experience.

**Paired Reading/ DEAR time:** Reading to your child, and shaping up a love of books is a great way to build expressive and receptive language, pre-reading skills like page turning, pointing etc., joint attention, leisure skills and closeness. Sharing an enjoyable experience with a book builds their love of books, and this can prove invaluable when you need time for them to work independently. I would consider having a range of high-interest books (favourite characters or tv shows, texture or paper- board books or books with sensory elements) available to keep their interest. DEAR time just means Drop Everything and Read and it's a nice way to structure a calm time together. The Dun Laoghaire Rathdown library service Autism Spectrum Collection is available here: [https://libraries.dlrco.ie/sites/default/files/asc\\_booklet\\_final\\_version.pdf](https://libraries.dlrco.ie/sites/default/files/asc_booklet_final_version.pdf) (The Senior Infants Class were guests of honour at the launch!), but the most important person to listen to is your child. If they love Peppa Pig, order as many Peppa pig books as you can. Whatever gets them loving books is a good thing.