

# Autism Shelter-and-Play Social Action Project



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Early Childhood 1

*SPED 691 – Autism in the Contemporary World (Fall 2021)*

# PARTICIPANTS

Early Childhood aged children: Ages 3-5



# WHO WILL USE THIS RESOURCE?

Parents



Nannies



Teachers



Therapists

# OUR ONLINE RESOURCE!

Zoom classes 3 days a week, 1 hour each!

1. Yoga on Mondays



2. Art/Music on Wednesdays



3. Storytime on Fridays



# YOGA ON MONDAYS WITH REBECCA AND DOMINIQUE

- Yoga involves being mindful, which can bring a lot of beneficial factors for individuals on the autism spectrum
- Some benefits of yoga include:
  - An increase in social and communication skills
  - increase body awareness
  - reduce anxiety
  - improve ability to understand and express emotions
  - foster a positive sense of self
- A lot of autistic children have difficulty with sensory integration and through yoga, children can gain guidance and an understanding of their bodies, spatial awareness, and motor control.



# YOGA ACTIVITIES WITH REBECCA & DOMINIQUE

## ❖ Sensory Activity

### ➡ **Taking Deep Breaths body Warm up (increasing self awareness and Mindfulness)**

- Sitting in any position child is comfortable in
- Hands out in front of their body
- Practicing breathing in through nose and letting it out slowly through their mouth

### ➡ **Animal Poses**

- The children will be asked to pick an animal they want to be and what that animals looks like. We will try to become that animal in a yoga pose. To add extra creativity the children can add an animal noise or music.

# ART/MUSIC ON WEDNESDAYS WITH ERICA AND JESSICA

Art can help facilitate communication, socialization, promote body movement and provide sensory stimulation

- Some ideas for Virtual Art Wednesdays:
  - Paint nights
  - `Music & story time
  - DIYs



Incorporating special interests of the children- have them help host an event

# ART/MUSIC ON WEDNESDAYS WITH ERICA AND JESSICA



During these difficult times, We understand that not all children have the supplies needed for Art Wednesdays.

Every other week we would provide the supplies needed for art Wednesday parents can come by the school and pick up the supplies.

## Music

Music helps children express themselves,  
works as a stress reliever

On Music Wednesday, we will create fun  
DIY instruments that create different  
sounds





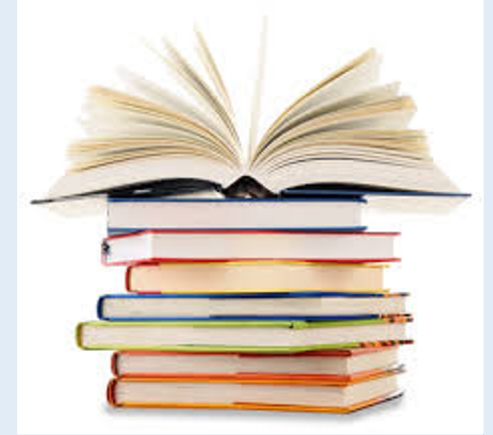
# STORYTIME ON FRIDAYS WITH ELLIE AND LEANNA

→ the children would be given choices on what they want to do  
and all of the options interconnect with each other

1. Social Stories

2. Creating their own stories

3. Reading books that emphasize social-emotional development



# SOCIAL STORIES

## 1. Social Stories (adapted from Carol Gray)

<https://carolgraysocialstories.com>

→ Social stories can be a way to teach children about how to play and socialize in and outside of classroom

→ Social stories can also include a child's interest or interests

Playing



Sometimes I like to play with other kids.



I can ask them, "Do you want to play with me?"



If they say "yes", I can play with them. I will have fun.



If they say "no", it's ok.



I can ask someone else or play by myself.

©Carol Gray, 2007

# CREATING THEIR OWN STORIES

## 2. Creating their own stories! (Can even act it out)

- they will be able to use their interests to create ideas and stories of their own
- Create little notebooks to draw and write on with the help of the teacher/parent
- can act out their own or other books
- can use these as a another form of communication



# SOCIAL EMOTIONAL DEVELOPMENT

## 3. Reading books that emphasize social-emotional development

→ can start off every session with the children pointing out the way that they feel

→ given this pandemic, it is really hard to develop in this area

→ The teacher can read a book remotely and have children unmute themselves if they have ideas

→ can pause throughout to act out what is going on in the book (putting social-emotional development in action, and teacher/parents can help act it out)

