
Autism Shelter-and-Play Project

— Solutions for interactive play with autistic children —

SPED 691 – Autism in the Contemporary World (Fall, 2020)

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Play



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Shelter and Play Project

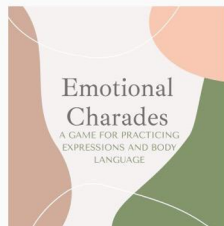
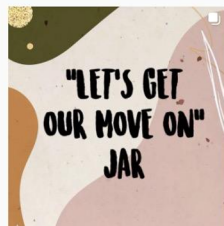
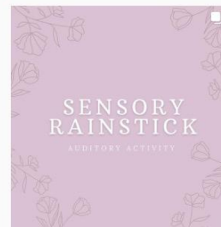
Our project was developed to support diverse learners on the autism spectrum and their families who are sheltering in place during the pandemic.

POSTS

IGTV

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Social-Emotional Play

Corina De Leon

Emotional Charades

A game for practicing expressions and body language



Instructions:

1. Print images or have fun drawing with your little one art that shows feelings. If it's proving to be difficult, talk about different scenarios that might happen that the child can relate to.
2. Take turns with the child and act out each feeling

THE GOAL: to express a feeling not by using the face but by using the body first.

Note: If the child has trouble acting it out, they can draw out what they want to do

Face It

A game for social-emotional learning

Face games are a great way to work on social interaction, similar to an acting class.

Directions:

1. Begin by touching your nose or stick out your tongue and have the child mirror you.
2. Make funny faces that the child can copy.
3. Try this for five minutes changing the faces to mimic what the child might encounter at home or at school



Starfish and Tornadoes

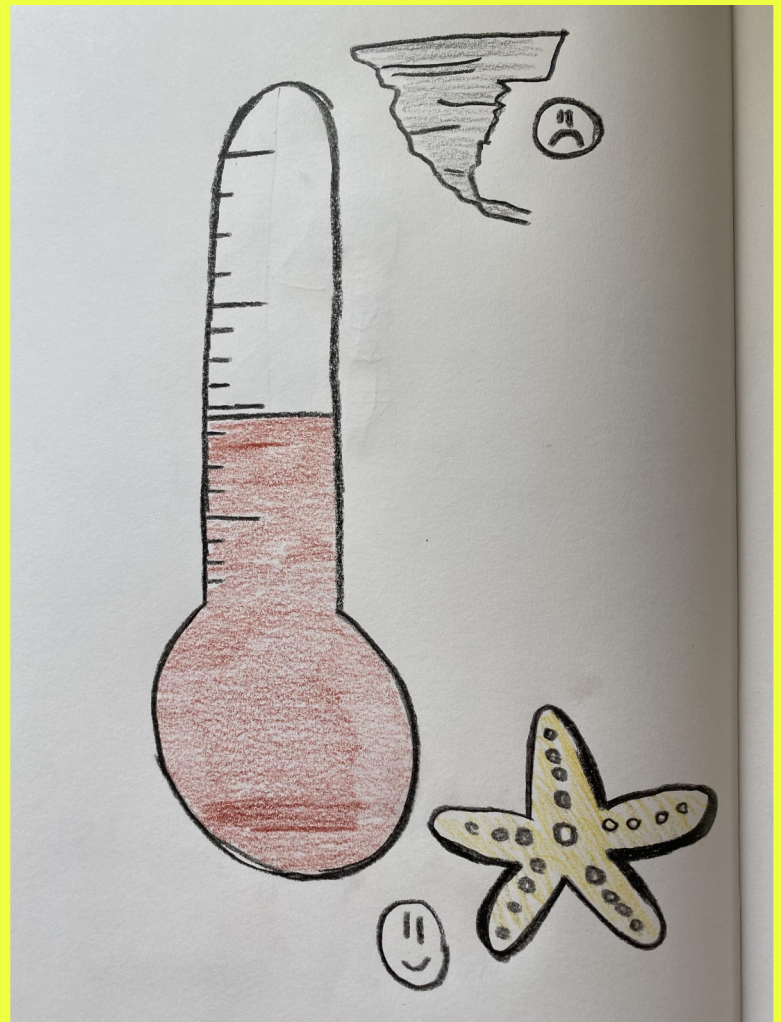
Directions:

1. Draw a thermometer with a starfish at the bottom and a tornado at the top
2. If your child is feeling like a tornado, talk about how you can calm down like a starfish

Ex: "Let's bounce a ball to be calm like a starfish!"

Try this at different times of the day

Goal: to help kids notice how much energy they're feeling. Increasing self-awareness helps build self-regulation. Kids learn to manage their emotions in tough situations.





VISUAL PLAY :

I Spy bottle

Goal:

The I spy bottle intends to teach verbal and non-verbal autistic kids about colors, patterns and letters of the alphabet (Or numbers and other categories). Besides being an entertaining learning experience, is a fun object for kids to play with.





I spy bottle DIY project

A great learning activity for children!

An "I spy bottle" can teach your children about shapes, patterns, colors and letters in a fun way!



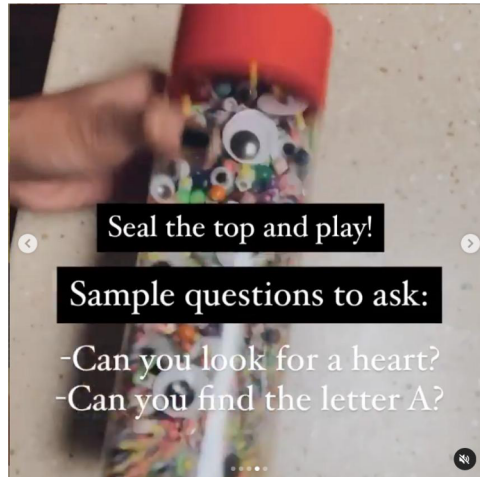
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You need :

- An empty, clean and plastic bottle
- Your choice of filler material(rice, sand, lentils, alphabet beads and even mini toys)

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Proprioception Play:

“Let’s Get Our Move On” Jar

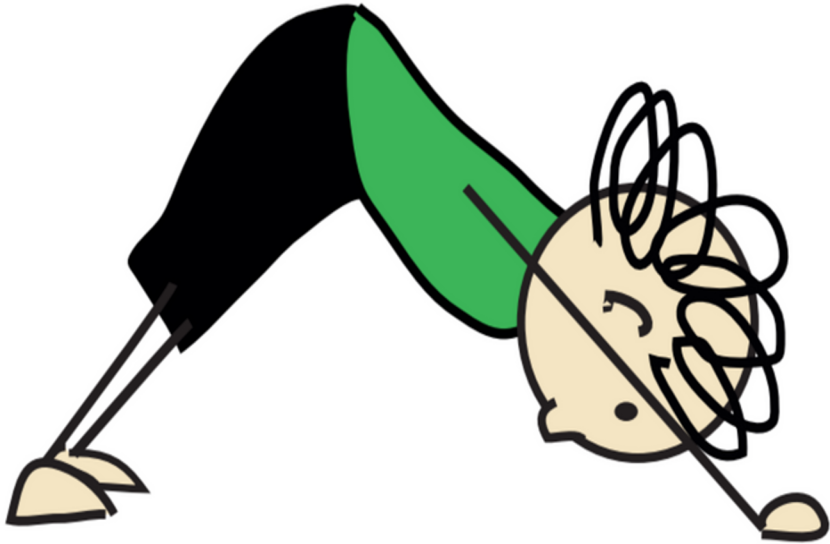


Getting Started

- ★ On each stick will be a different activity that will stimulate the vestibular system.
 - the vestibular system is our sense of movement & balance. It helps us understand the force of gravity.
- ★ You can look these activities up, see what you've notice your child enjoys the most, or take this time to ask your child what activities they would like to do more often.
- ★ Then you may either use this jar throughout the day and give your child a different activity to do or make this a timed activity for a certain time of the day, the point is to get our move on!



THE GOAL



The vestibular system helps us feel safe and comfortable in our own bodies, therefore it's important for the growing mind and body to practice developing their own understanding of movement.

By doing so, we can coordinate movement efficiently.

Children on the spectrum may avoid vestibular input or struggle with this system in general. Children may slump while seated or bump around while they walk, the point of the following activity is **to stimulate proper movement and balance for anyone on the spectrum** whether they have high energy or low energy when using their vestibular system.

Auditory Play

Julianna Smith

Sensory Rainstick



The Goal

This sensory rainstick can be used as a calming tool for children with auditory sensory problems. It can also be used as a fun activity that can easily be paired up with music! Have your child use the sensory rainstick as a musical instrument and find rhythm with the background music.

Music and sound is a type of stimuli that will allow children who have trouble with their auditory sense to engage in this meaningful activity. Autistic children may have sensitivity to loud sounds, and this rainstick provides a soothing “pitter-patter” like sound that resembles rain.

Instructions

- First gather up the supplies. You will need an empty water bottle, branches/sticks, rice/dried beans/ or sprinkles, glue, and markers (optional).
- You will want to clean the water bottle and place in your branches. I also added long uncooked fettuccine noodles.
- Next, place around 4 tablespoons of rice or whatever you chose into the bottle. You can add more or take some rice out depending on your preferences!
- Once you're finished, super glue the cap on the bottle so it won't get unscrewed!
- Decorating is optional, but feel free to color on your sensory rainstick!



Instagram
Post:



WHAT YOU NEED

- empty water bottle
- branches/sticks
- rice, dried beans, or sprinkles
- markers (optional)

INSTRUCTIONS IN CAPTION!





HOW TO USE YOUR SENSORY RAINSTICK

- slowly tip it back and forth
- use it as a calming tool
- play music in the background and have your child use the rainstick as a musical instrument and match the rhythm
- have fun!

BONUS ACTIVITY!

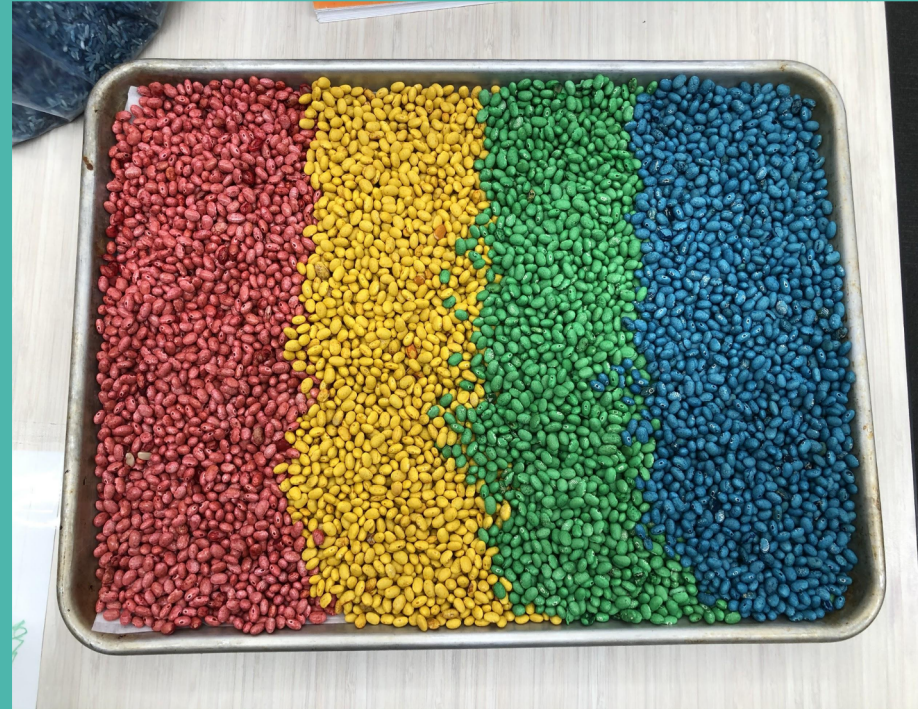
When looking for branches,
take a walk with your child
and ask them to identify
different sounds!

Example: Point out cars
driving by, birds making noise
in the trees, the sound of your
feet crushing leaves!

Play with Smell

Emilyann Gervolino

Scented Sensory Beans



Materials & Instructions

Materials:

- Light colored beans
 - Rice also works as well
- Food Coloring
- Essential oils
- Sealable bags
- Drying space

Steps:

- Pour your beans into a sealable bag.
- Add 10-15 drops of food coloring and shake until all beans are coated. Add more food coloring to your liking.
- Add a couple drops of your favorite essential oils. You can make different batches with different scents. We used Lavender to calm our bodies and senses. Shake the bag to mix all together.
- Allow to dry for a couple hours before playing. Enjoy!

The Goal

These scented beans are a natural calming tool and fun sensory project that is easy for children and their families to make. Children will have to use their smelling sense to help calm their mind and body. They are also focusing on a hands on sensory activity that can help calm the mind and body as well.

Children on the spectrum can have sensitivities to smell. It is important to practice using the sense of smell to become more used to different smells that may surround us. To gain more awareness about smell, children can utilize this activity to practice using their sense of smell, as well as learning about mindfulness. It can help them become comfortable with smells that they might not necessarily be used to yet.

Instagram Post



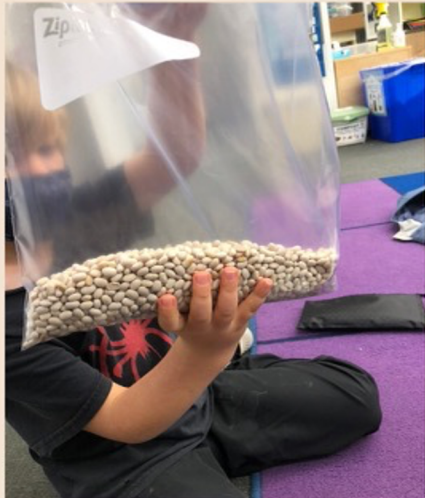
MATERIALS

- Light colored beans (We used Navy beans)
- Food coloring
- Essential Oil
- Sealable bag
- Drying space



Step 1:

Pour your beans into a sealable bag.



Step 2:

Add 10-15 drops of food coloring and shake until all beans are coated. Add more food coloring to your liking.



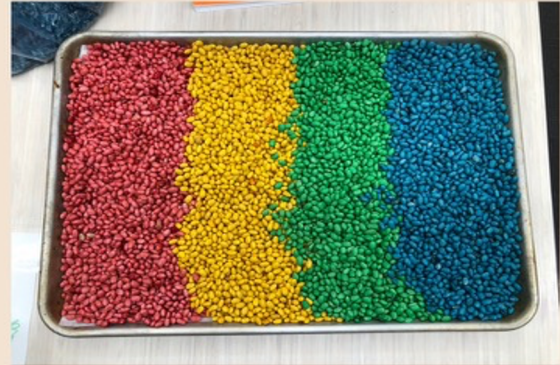
Step 3:

Add a couple drops of your favorite essential oil. We used Lavender to calm our bodies and senses. Shake to mix.



Step 4:

Allow to dry for a couple hours on a flat surface.



Enjoy!

0:04

Allow children to use these beads as a calm down method by smelling the soothing essential oils or just as a fun sensory activity.



Homemade Playdough & Moon Sand



*Easy and fun
tactile activities*



Learning through tactile play

Tactile activities are a fun way for children that are sensory sensitive to explore new textures.

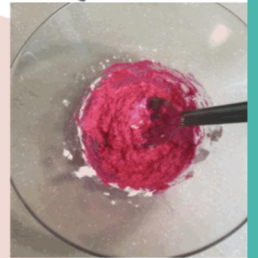
Homemade Playdough

You will need:
a large mixing bowl
3 cups flour
1/2 cup water with food coloring
1/2 cup vegetable oil

Instructions



First mix 1 cup flour with water and food coloring and stir. Next add in the vegetable oil and the rest of the flour. Stir until the playdough is smooth.





*Add sprinkles or
glitter if you'd like
and have fun!*

Make it your own!

Enjoy making different themes each time you make it. The playdough can be made in any color. This playdough is treasure hunt themed, other fun themes are outer space or under the sea.

Moon Sand



*To make:
Use the directions for
the playdough but
leave out water. This
will make the dough
softer and less
stretchy for a new
sensory experience.*

Bonus Activity!!

Moon Sand is similar to playdough but it's softer and feels lighter.

Pro tip: Use gluten free flour to make it inclusive for all.
