

Home Summer Schedules

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School's out, school's out! Well, not quite yet...but for most Districts that final day is fast approaching! For teachers and students, this can be a very busy, yet exciting, time of year. However, for some students and families, the transition to summer vacation can be quite stressful. This is especially true for our students with autism (ASD), for whom changes in routine and extended periods of unstructured time can result increased anxiety and frustration. The good news is, Easterseals is here to help! We are sharing not one, but **TWO** tools this month and we invite you to share these with your teachers, staff and families so they can better prepare and support students for summer vacation.

The first is a link to the Interactive Summer Break Social Narrative for Students with Autism (Special Ed) via the Teachers Pay Teachers website:
<https://www.teacherspayteachers.com/Product/Interactive-Summer-Break-Social-Narrative-for-Students-with-Autism-Special-Ed-1841967>. Social narratives are visually represented stories that help students with ASD navigate potentially challenging social and life situations by using concise, concrete, and positive language. Using social narratives can add an element of predictability and understanding to otherwise confusing and stressful situations.

The second tool is Easterseals' Home Summer Schedule Toolkit. In this toolkit, teachers and families will find everything they need to create daily schedules for typical activities and routines throughout the summer, as well as both a Countdown Strip and First-Then board template. The toolkit provides a detailed description of how to develop and utilize each of these strategies. Use of visual supports, including schedules, is an excellent way to provide clear expectations, assist with transitions and decrease anxiety, especially during times of change.



Have a
wonderful
Summer!



Download Toolkit Here!