

## Resources for Children, Teenagers and Young People with Autism

### Autism specific links and resources

At this challenging time, many people with autism and their families are seeking additional support and guidance. A wealth of information is available through the internet, however at times this can be overwhelming and confusing. Salford Speech and Language Therapy team have identified some key links and resources which you may find valuable. These have been recorded in the table below under key areas of need.

Please use these suggested links to explore activities for your children. We have tried to check the content and have used recognized and reputable sources of information, as far as we are aware. Please alert us to any concerns or questions that you have.

Please note there is a cost for some Apps and resources.

The National Autistic Society website has detailed information linked to key areas of need. There is also a helpline available.

| Resource  | Brief Description  | Who for  |
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| <b>Language – school aged</b>   |  |  |
| <b>Home learning ideas</b><br><a href="https://docs.google.com/viewer?a=v&amp;pid=sites&amp;srcid=ZGVmYXVsdGRvbWFpbX0aGVzZW5zb3J5cHJvamVjdHN8Z3g6MzYyMTU2M2JlZjI3MDdkZQ">https://docs.google.com/viewer?a=v&amp;pid=sites&amp;srcid=ZGVmYXVsdGRvbWFpbX0aGVzZW5zb3J5cHJvamVjdHN8Z3g6MzYyMTU2M2JlZjI3MDdkZQ</a> | 31 pages of activity ideas (download at the bottom of the page)<br><br>Activity ideas for children supported by visual instructions. These enable children to access the instructions, build their vocabulary and encourage their independence | Language resources for parents of school aged children with Autism             |
| <b>Bank of resources from the Northern Ireland curriculum</b><br><a href="http://www.nicurriculum.org.uk/curriculum_microsoft/TSPC/getting_started/sen/activities_resources.asp">http://www.nicurriculum.org.uk/curriculum_microsoft/TSPC/getting_started/sen/activities_resources.asp</a>                    | Activities to develop vocabulary, understanding of emotions, planning and sequencing   | Language resources for parents of school aged children with Autism             |
| <b>The Communication Trust</b><br><a href="https://www.thecommunicationtrust.org.uk/resources/resources-for-parents/">https://www.thecommunicationtrust.org.uk/resources/resources-for-parents/</a>   | This website includes a parent section to support children of all ages with speech, language and communication needs. Including some resources to use at home and tips and advice to support your child.                                       | Children with speech, language and communication difficulties including Autism |
| <b>Language – pre school</b>  |  |  |

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| <b>Ambitious about autism – Right from the start</b><br><a href="https://www.ambitiousaboutautism.org.uk/right-from-the-start">https://www.ambitiousaboutautism.org.uk/right-from-the-start</a>   | A downloadable free toolkit for autism in the early years including practical tips for parents on language, play and social interaction  | Language resources for parents of pre school children with Autism             |
| <b>Play - School aged children</b>  |  |   |
| <b>Paw Print Badges</b><br><a href="https://www.pawprintbadges.co.uk/">https://www.pawprintbadges.co.uk/</a>  | Free challenge packs and other downloads. Indoor and outdoor ideas for different play activities   | Play resources for parents of school aged children with Autism                |
| <b>Play – Pre-school aged children</b>  |  |   |
| <b>Empowering little minds</b><br><a href="https://www.empoweringlittleminds.co.uk/resources-1?fbclid=IwAR2AInVCXXW_ZMOg4I3Xdynlze8fEwmRnUXe2b8i1rivmM17eSb1D9RpCuc">https://www.empoweringlittleminds.co.uk/resources-1?fbclid=IwAR2AInVCXXW_ZMOg4I3Xdynlze8fEwmRnUXe2b8i1rivmM17eSb1D9RpCuc</a> | Sensory and messy play activities for children with additional needs   | Play resources for parents of pre school and school aged children with Autism |
| <b>The Imagination Tree</b><br><a href="https://theimaginationtree.com/">https://theimaginationtree.com/</a>  | Creative art and craft activities for the very youngest - recipes and ideas to make resources for messy play such as playdough to encourage exploration of different textures and activities               | Play resources for parents of pre school and school aged children with Autism |
| <b>Play people games</b><br><a href="#">Click here for Play People Games handout</a>  | Advice sheet giving ideas on playing people interaction games with your children   | Activity ideas for parents of pre school and school aged children with Autism |
| <b>Play with toys</b><br><a href="#">Click here for Play with Toys handout</a>  | Advice sheet giving ideas on developing pretend play with toys with your children  | Activity ideas for parents of pre school and school aged children with Autism |
| <b>Learning</b>   |  |   |
| <b>Do2learn</b><br><a href="https://do2learn.com/picturecards/VisualSchedules/index.htm">https://do2learn.com/picturecards/VisualSchedules/index.htm</a><br>-   | Ideas and resources to support children at home with additional needs including Autism. Including literacy and maths ideas as well as behaviour management advice and visuals to support learning at home. | Children with SEN   |

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| <p><b>Ashfield Academy</b><br/> <a href="https://primarysite-prod-sorted.s3.amazonaws.com/ash-field-academy/UploadedDocument/92a358817cd1467aa98a6f9f4e433dda/home-learning-guide-for-pmld-pupils.pdf">https://primarysite-prod-sorted.s3.amazonaws.com/ash-field-academy/UploadedDocument/92a358817cd1467aa98a6f9f4e433dda/home-learning-guide-for-pmld-pupils.pdf</a></p> | <p>This is a document created by Ashfield Academy which as school in the UK for children with complex needs. This resource gives ideas about how to learn with your child at home through various different ways.</p>   | <p>Children with SEN</p>  |
| <p><b>Empowering little minds</b><br/> <a href="https://www.empoweringlittleminds.co.uk/resources-1?fbclid=IwAR2AlnVCXXW_ZMOg4I3Xdynlze8fEwmRnUXe2b8i1rivmM17eSb1D9RpCuc">https://www.empoweringlittleminds.co.uk/resources-1?fbclid=IwAR2AlnVCXXW_ZMOg4I3Xdynlze8fEwmRnUXe2b8i1rivmM17eSb1D9RpCuc</a></p>  | <p>These resources are from a setting in Ireland supporting young children and children with SEN. The website contains resources and 'lesson plans' to support a multisensory practical alternative learning approach rather than online learning or printable worksheets. This is ideal for children who require learning through practical multi-sensory play activities to fully access their learning &amp; regulate their sensory systems whilst learning at home.</p> | <p>Early years children and children with SEN</p>                 |
| <p><b>Euan's guide</b><br/> <a href="https://euansguide.org.uk/ucp.php?mode=register">https://euansguide.org.uk/ucp.php?mode=register</a></p>   | <p>Where people with disabilities review and share activity ideas</p>   | <p>Children with SEN</p>  |
| <p><b>Physical Activity</b></p>   |   |   |
| <p><b>Early Movers</b><br/> <a href="http://www.earlymovers.org.uk">www.earlymovers.org.uk</a></p>  | <p>Physical activities, some requiring minimal or every-day equipment, e.g. hand clapping, balloon catch, bouncing ball.</p>  | <p>For babies, toddlers and preschool children up to 5 years.</p> |
| <p><b>GoNoodle</b><br/> <a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a></p>   | <p>Free app containing videos designed to get kids moving, wake up their bodies and engage their minds. It includes dance parties, yoga, mindfulness and relaxation activities and fun games to play. Also contains printable resources and hand washing information for children.</p>  | <p>All ages</p>   |
| <p><b>BBC Bitesize</b><br/> <a href="https://www.bbc.co.uk/bitesize">https://www.bbc.co.uk/bitesize</a></p>   | <p>See Physical Education section - videos, quizzes and games.</p>  | <p>Primary, secondary and post-16 students</p>                    |
| <p><b>Topmarks</b><br/> <a href="https://www.topmarks.co.uk/">https://www.topmarks.co.uk/</a></p>   | <p>A collection of educational games - see physical education section.</p>  | <p>Primary and secondary</p>                                      |

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| <b>YouTubeKids</b><br><a href="https://www.youtubekids.com/">https://www.youtubekids.com/</a>  | Exercise, dancing and music videos for kids  | All ages   |
| <b>YouTube - PE with Joe</b><br><a href="https://www.youtube.com/watch?v=RzOgo1pTda8">https://www.youtube.com/watch?v=RzOgo1pTda8</a>  | Exercise sessions for children and adults  | All ages   |
| <b>Box of Ideas</b><br><a href="http://boxofideas.org/">http://boxofideas.org/</a>   | Useful for sensory needs/ASD or children with co-ordination difficulties. There are suggested activities for developing skills of daily living such as dressing yourself, developing a pencil grip and hand writing etc. | Primary age                                      |
| <b>Emotional regulation</b>  |  |  |
| <b>Understood</b><br><a href="https://www.understood.org/en/school-learning/learning-at-home/games-skillbuilders/social-emotional-activities-for-children">https://www.understood.org/en/school-learning/learning-at-home/games-skillbuilders/social-emotional-activities-for-children</a>   | 5 social emotional learning games to play with your child  | Children and young people with Autism or anxiety |
| <b>Chatterpack Developing an awareness of emotions and triggers</b><br><a href="https://cdn.shopify.com/s/files/1/0088/6797/1123/files/ChatterPack_-_Developing_an_awareness_of_emotions_and_triggers.pdf?110">https://cdn.shopify.com/s/files/1/0088/6797/1123/files/ChatterPack_-_Developing_an_awareness_of_emotions_and_triggers.pdf?110</a> | A free resource giving ideas of supporting children to understand and regulate emotions  | Children and young people with Autism or anxiety |
| <b>National autistic society Anxiety in autistic adults Brain in hand app</b>  | An app which helps people to remember activities, reduce anxiety and feel supported  | Teenagers / adults                               |
| <b>Twitter Account @EPInsight</b>  | Examples of visual strategies to support with understanding and regulating emotions<br>Talkingmats examples  | Children   |

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| <b>Zones of Regulation</b><br><a href="http://www.zonesofregulation.com/index.html">http://www.zonesofregulation.com/index.html</a>  | Helping students to gain skills in consciously regulating their actions, which in turn leads to increased control and problem solving abilities.   | Children struggling with emotions  |
| <b>Calm Jars</b><br><a href="https://lemonlimeadventures.com/lego-calm-down-jar/">https://lemonlimeadventures.com/lego-calm-down-jar/</a>  | An explanation of how to create Calm Jars which children can shake when they need a break/to calm. They are aimed at children who have sensory processing difficulties or become easily over stimulated. | Children across ages   |
| <b>Sensory needs</b>   |  |  |
| <b>50 sensory learning activities</b><br><a href="https://inclusiveteach.com/2020/03/20/150-sensory-learning-ideas/">https://inclusiveteach.com/2020/03/20/150-sensory-learning-ideas/</a> | A practical list of sensory learning ideas achievable at home  | Across age range   |
| <b>National autistic society</b><br><a href="https://www.autism.org.uk/about/behaviour/sensory-world.aspx">https://www.autism.org.uk/about/behaviour/sensory-world.aspx</a>                | Information about what sensory differences are and how these may impact on a child / person with Autism.<br>Practical ideas for supporting a child with sensory differences.                             | Children and adults  |
| <b>Sensory stories</b><br><a href="http://www.thesensoryprojects.co.uk/covid19-resources">http://www.thesensoryprojects.co.uk/covid19-resources</a>  | Using sensory stimuli to convey a narrative  | Individuals with profound and multiple learning difficulties, complex autism, sensory processing difficulties, communication disorder and learning disabilities. |
| <b>Twitter Account</b><br><b>@EPInsight</b>  | Tips for sensory needs   | Children   |
| <b>Children's Occupational Therapy</b><br><a href="https://www.childrensoccupationaltherapy.org.uk/">https://www.childrensoccupationaltherapy.org.uk/</a>                                  | Lots of leaflets and suggested activities for children with a range of sensory needs. Some are play based and some of for skills development.  | Across ages  |
| <b>Social Communication and Interaction</b>  |  |  |

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| <p><b>Social Stories</b><br/> <a href="https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf">https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf</a><br/><br/> <a href="https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf">https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf</a><br/><br/> <a href="http://www.rchsd.org/documents/2015/07/social-story-template">http://www.rchsd.org/documents/2015/07/social-story-template</a><br/><br/> <a href="https://www.youtube.com/watch?v=iOlbhHBbGIs&amp;feature=youtu.be">https://www.youtube.com/watch?v=iOlbhHBbGIs&amp;feature=youtu.be</a></p> | <p>What is Coronavirus Social Story that explains about coronavirus and what can/cannot be done socially during this time.</p> <p>Social Story about Pandemics written by Carol Gray</p> <p>Advice on how to make a social story</p> <p>Social story to explain Coid-19</p>  | <p>Social stories for parents to share with children across ages to support their understanding of coronavirus</p> |
| <p><b>Comic strip conversations</b><br/> <a href="https://www.autism.org.uk/about/strategies/social-stories-comic-strips.aspx">https://www.autism.org.uk/about/strategies/social-stories-comic-strips.aspx</a></p>  | <p>Explanation of comic strip conversations, how to use them and how to make your own.</p>   | <p>Across all ages</p>   |
| <p><b>Lego therapy</b><br/> <a href="https://www.twinkl.co.uk/resource/t-s-2547094-building-brick-therapy-resource-pack">https://www.twinkl.co.uk/resource/t-s-2547094-building-brick-therapy-resource-pack</a><br/><br/> <a href="https://letsbuilditagain.com/instructions/0547/">https://letsbuilditagain.com/instructions/0547/</a></p>   | <p>Free resource pack which can be downloaded by going to <a href="http://www.twinkl.co.uk/offer">www.twinkl.co.uk/offer</a> and enter the code UKTWINKLHELPS. It has role cards, target cards, observation sheets and sticker reward charts.</p> <p>Building plans that can be used to create Lego structures</p> | <p>School age children and teenagers to be completed with family members</p>                                       |
| <p><b>Talking Mats</b><br/> <a href="https://www.talkingmats.com/wp-content/uploads/2013/09/20200319-coronavirus-easy-read-pdf.pdf">https://www.talkingmats.com/wp-content/uploads/2013/09/20200319-coronavirus-easy-read-pdf.pdf</a></p>   | <p>Easy Read version of WHO Social Distancing recommendations. It explain the current situation &amp; helps to support people with communication difficulties to understand and share their feelings about it.</p>   | <p>Across ages</p>   |

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| <b>Intensive Interaction</b><br><a href="https://www.intensiveinteraction.org/">https://www.intensiveinteraction.org/</a>   | Explanation surrounding intensive interaction and the history behind it is provided. Videos modelling Intensive Interaction are included.  | Across ages to support interaction.   |
| <b>Transactional Support</b>  |  |   |
| <b>Visual timetables</b><br><b>Timetable for home</b><br><a href="https://www.twinkl.co.uk/resource/t-c-081-visual-timetable-for-home-1">https://www.twinkl.co.uk/resource/t-c-081-visual-timetable-for-home-1</a><br><br><b>Symbol system</b><br><a href="https://www.boardmakeronline.com/Login.aspx">https://www.boardmakeronline.com/Login.aspx</a>   | Parents can use these visuals at home to support a child's understanding of their new routine as part of home learning. This can be downloaded for free when you subscribe to a Twinkl account.<br><br>Free 90 day trial can be utilised by registering an account. It provides access to symbols and interactive activities | School age and above to support understanding of routine using symbols.       |
| <b>Work-Reward Systems</b><br><a href="#">Click here for Work-Reward Systems handout</a>  | A work reward system is a structured way to maintain a maximum level of motivation and engagement in a less preferred task   | School age and teenagers  |
| <b>Objects of Reference</b><br><a href="#">Click here for Objects of Reference handout</a><br><br><a href="https://communicationmatters.org.uk/guidance/#objects-of-reference">https://communicationmatters.org.uk/guidance/#objects-of-reference</a>   | Explanation of Objects of Reference, how to make/choose objects and how to use them effectively. Advice suggested around building up use of these to support choice making.  | Across ages to support understanding using objects.                           |
| <b>Now-Next Boards</b><br><b>Speak up Salford Website link to be created which connects to our Using Now and Next Boards explanation sheet</b><br><br><a href="https://www.suffolklearning.co.uk/suffolklearning_images/users/Early_Years_Team_CYP//UsingNowandNextBoards.pdf">https://www.suffolklearning.co.uk/suffolklearning_images/users/Early_Years_Team_CYP//UsingNowandNextBoards.pdf</a> | Advice sheet which explains why these can be important/helpful and how to use these.<br><br>Examples of now-next boards are shown.   | Across ages to support understanding of a given situation and aid transition. |
| <b>General purpose planners to plan the day:</b><br><a href="https://illinois-school-closure-toolkit">https://illinois-school-closure-toolkit</a>   | This toolkit is aimed at helping families support children at home. For children with Autism, visual supports can help to decrease anxiety and increase independence across all settings. This toolkit provides you with resources that you will need to help structure your child's day at home.                            | All ages to support planning at home  |

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| <b>Chatterbox – Support with change to routine/<br/>school holiday transitions</b><br><br><a href="https://cdn.shopify.com/s/files/1/0088/6797/1123/files/Christmas_resource.pdf?558">https://cdn.shopify.com/s/files/1/0088/6797/1123/files/Christmas_resource.pdf?558</a> | Instructions on how to support children with visuals during a change of routine | All ages to support planning at home |