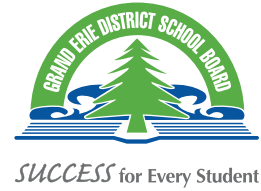


Special Education



Applied Behaviour Analysis (ABA) Strategies

THEME: Creating the learning environment (for an academic task)

Date	Activity
Monday, April 13	Find space in your home that you can use each day and is free of distractions. Allow your child to have input into where the space is.
Tuesday, April 14	Have your child help set up learning environment. (Set up supplies, make a name tag).
Wednesday, April 15	Have your child come into the space for a short period of time (30 seconds - 2 minutes) several times a day for a short preferred activity to work on (colouring, drawing, play dough, painting).
Thursday, April 16	Bring your child to the work space one or two times a day for a short academic activity (3-5 minutes) as shared by your child's classroom teacher, followed by a preferred activity.
Friday, April 17	Attempt to create a set time schedule where you and your child visit the work space at the same time(s) each day to complete an academic task, followed by a preferred activity. This will help to build a routine for your child(ren).

Extra Tips, Information and/or Resources:

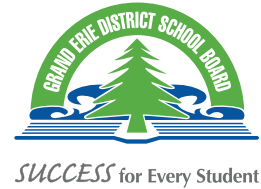
Tips to consider when setting up the environment:

- Make it comfortable.
- Keep it clean.
- Simple and free of distractions.
- Have a designated spot for supplies and materials nearby and available.
- Make a list with your child of any items that may be needed.
- Don't get discouraged if your child(ren) does not want to complete the work at home, continue to be consistent in bringing them into the work space and providing short activities that they can do (even if it's for 30 seconds to 1 minute).
- Use a timer to show them how much time they need to spend into the work area.

Coming next week:

We will add how to create and implement a schedule and/or visual schedule to create predictability to your child's day!

Special Education



Communication

THEME: Basic Linguistic Concepts: Week 1- Spatial/Location Concepts

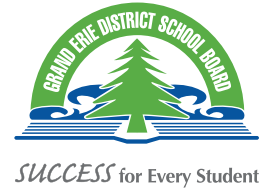
Focus on helping children understand and use the following location words this week: in, out, on, off, top, bottom, in front of, behind, beside, under, over, inside, outside, close, far, above, below, between

Date	Activity
Monday, April 13	In the Kitchen! Make a snack or meal and use spatial words to describe what you're doing and/or directing your child to do. Ideas: putting things in the bowl, spreading things on, cracking the egg to see what's inside.
Tuesday, April 14	Hide and Seek! Talk about where the kids are found. Have the "seeker" be in another room and the parent tells other siblings/adults where to hide using location words. Ideas: under the blanket, in the basket, behind the couch.
Wednesday, April 15	Book or Movie! On each page or by pausing during a movie: see who can describe where the character is using location words, or ask kids to point to a certain character or object ("point to the monkey under the tree"). Ideas: in a cupboard, buried under the snow, on the frozen lake, behind the door.
Thursday, April 16	Draw My Picture! Using words only (hide your drawing), parents or kids instruct the family to draw (copy) a simple picture they drew. See how closely your pictures match! Ideas: draw a dog beside the tree, put a sun at the top of the page, draw a bird above the house.
Friday, April 17	I Spy! Play the game, "I Spy." Use location words in your clues. Encourage kids to use location words when it is their turn. Ideas: "I spy something that is under a table", "I spy something close to the couch."

Extra Tips, Information and/or Resources:

- Location concepts "All Around the Farm" song: <https://www.youtube.com/watch?v=ykmFyHJq6FY>
- 'Where is it?' song: <https://www.youtube.com/watch?v=8F0NYBBKczM>
- Four steps to teaching your child location concepts:
www.speechandlanguagekids.com/4-steps-to-teaching-your-child-a-spatial-concept/
- Follow Grand Erie's Communication Services Department on Twitter (@GEDSB_SLPs_CDAs) for more fun tips and ideas to work on speech and language at home!

Special Education



Self-Regulation

THEME: Fun with Self-Regulation

Date	Activity
Monday, April 13	Start a Gratitude chain. Using strips of paper, each day write at least one thing you are thankful for and connect them to make a chain. Encourage your family to participate too!
Tuesday, April 14	Deep Breathing to Calm your body down. Sit in a comfortable quiet place. Take in a deep breath through your nose, deep and slow. Imagine that your lungs are 2 litre pop bottles and you are filling them up. They can hold a lot. Then slowly, very slowly let the air out with your mouth. Pause, and then do it again, slower than you want to. This is a great way to send oxygen to the brain to help calm your body down when you're feeling angry or upset. Find someone in your house that might like to try it with you. Pat yourself on the back for a great effort.
Wednesday, April 15	Play your favourite Board or Card game. Play with your family. Practice taking turns and congratulating the winner.
Thursday, April 16	Brainstorm a list of feelings. Come up with as many as you can. Do you think each feeling is comfortable or uncomfortable? Show your list to a sibling or adult and ask to play Feelings Charades with them (without using words, act out each emotion for the other person to guess).
Friday, April 17	Observe your Gratitude chain. How many links did you and your family create? How long does it stretch out? Take a fun picture to share with family and friends and ask them what they are grateful for.

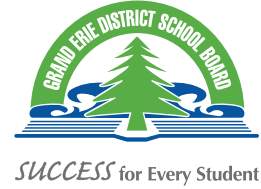
Extra Tips, Information and/or Resources:

- Talk to your child about how they are feeling throughout the day. Remind them that all feelings are okay, but feelings can be comfortable (happy, calm, etc) and uncomfortable (sad, angry, etc). Sometimes when we are having uncomfortable feelings it helps to talk about them with someone we trust.
- Encourage your child to stop and practice deep breathing when they are feeling upset or angry. Try to praise your child when ever you see them using this technique to calm down.

References:

- **Comfortable/Uncomfortable Feelings:** PATHS Grade 4 Unit 2 Introduction to Feelings.

Special Education



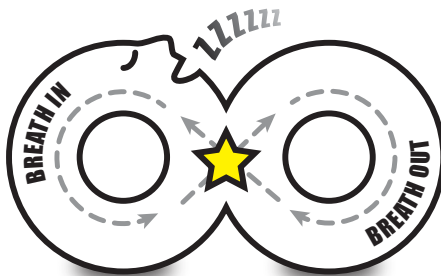
Self-Care

THEME: Self-Care Wheel

Date	Activity
Monday, April 13	Emotional Self-Care. Feelings Wheel: Draw a circle, divide into 4 sections, in a bold colour write 4 positive feelings, or draw 4 positive feelings faces. Around it write or draw things that make you feel that way.
Tuesday, April 14	Stress Tool. Lazy Eight Breathing: draw a number 8, or use your finger to trace the number 8 on your leg, hand or arm. While slowly breathing in trace around the number 8, when your halfway through, breathe out until you reach the spot you started. Do this 8 times.
Wednesday, April 15	Sensory Self-Care. Look outside or go outside and look at the sky and see if any of the clouds resemble something What else do you see in the sky? (a shape, animal or reminds you of something). If you choose, draw and colour what you saw.
Thursday, April 16	Spiritual Self-Care. Think about the word gratitude (which means being thankful; readiness to show appreciation for and to return kindness). On a piece of paper write, draw or think about the things that make you feel gratitude and then write, draw or tell someone 10 things that you are grateful for (my friends, extended family, pets, specific items that are special to you).
Friday, April 17	Social Self-Care. Reach out to someone you care about and have a conversation with them to see how they are doing (phone, Facetime, other social media tool). Share with them 2 positive experiences you have had this week. Ask them to also share two positive experiences they have had with you.

Extra Tips, Information and/or Resources:

- Stress Reduction Tool
Lazy Eight Breathing:



References:

- Sunday-Lazy Eight Breathing: Zones of Regulation, Leah M. Kuypers, MA Ed. OTR/L.