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| **Ideas to Support Low Incidence Students While At Home** |
| PLEASE NOTE: these sites are not intended to be sent home to parents. They are specifically for IST/EA/classroom teacher use to tease out target areas to focus on the goals in the IEP. It is the intention that ISTs/EAs and classroom teachers will collaborate and determine which specific activities can be offered to students with support from parents. In order to keep things manageable, the idea would be to send one or two activities per week that helps support an area such as fine motor, communication, self regulation, or literacy/numeracy. Making a connection with the student’s Therapy Team (OT/PT/SLP) will also be important in terms of what they can provide in terms of support related to their therapy reports and assessments. |
| **Target Areas:**Goal Areas of the IEP (Communication, Social Emotional, Fine and Gross Motor, Literacy and Numeracy).  |
| **General Links Targeting Many Domains** |
| **Link/Resource** | **Information** | **Grade** | **Additional Info** |
| <https://wideopenschool.org/> | Curated and coordinated by the experts at Common Sense, Wide Open School is the result of a collaboration among leading publishers, nonprofits, and education and technology companies. Wide Open School features [a free collection of the best learning experiences and activities for kids, organized by grade band and subject](http://click.commonsense-email.org/?qs=42491106289dd5c27c94beea1cbd7856fe6515db3838d8c4038859bf2710adeabf3e7a8a38bfef74d8d0c567491e8691ca5ab4f6d4b31e27a60e35aab04ba2ae). You will also find daily schedules with creative breaks and recommendations to keep kids engaged and exploring, one day (or one hour) at a time.  | Pre-K to 5 and Grade 6-12 | \*\*Exceptionally well organized with useful activities |
| <https://qrcgcustomers.s3-eu-west-1.amazonaws.com/account4876975/6552095_2.pdf?0.11589340381807767> | Easterseals Illinois Autism Partnership: School Closure Tool Kit includes Sensory, Life Skills, Academics, Movement and Leisure activities with visual supports | Elementary |  |
| <http://theautismhelper.com/emergency-home-school-kit/?fbclid=IwAR2EbHpVPy8_fI4Zj5X-TQnPi3t4IH3hFKPanbhV3Qx1-TIMx3Qlwq9_oDo> | From the Autism Helper. Families can download 8 weeks worth of curriculum, visual supports, schedules, and resources for behavior. There are also videos for parents to watch.  | All levels | donation from $0 to $20, so resources are accessible for all.  |
| **Link/Resource** | **Communication** | **Grade** | **Additional Info** |
| <https://www.actcommunity.ca/wp-content/uploads/2020/03/HIIYH_-ACCESS.pdf> | Help Is In Your Hands: on-line videos for families of very young children with social communication challenges. Modules include narrated video lessons and examples of real parents and children interacting in their own homes, with suggestions for follow-up activities parents can try. Strategies come from our research on effective practices used in parent implementation of the Early Start Denver Model. Modules can be accessed via smart phones, tablets, and computers.  | All Levels | materials are publicly available to all families and providers at <https://helpisinyourhands.org> |
| info@autismoutreach.caPhone: 604-946-3610  | **POPARD site is malfunctioning:** If you would like to contact POPARD with any questions or requests, in order to facilitate communication, we suggest that it is best to contact us via email or phone. Our support staff will forward all inquiries to the appropriate POPARD staff member as we receive them. | All levels | Great resources available |
| **Link/Resource** | **Social Connections** | **Grade** | **Additional Info** |
| <https://afirm.fpg.unc.edu/sites/afirm.fpg.unc.edu/files/covid-resources/Foster%20Connection-Calling%20with%20FaceTime.pdf> | FaceTime connections: Visual Guide for student on how to use FaceTime | All Levels | Great visual  |
| <https://afirm.fpg.unc.edu/sites/afirm.fpg.unc.edu/files/covid-resources/Foster%20Connections-Video%20Chat%20Apps.pdf> | Video Chat Apps: WhatsApp, Marco Polo, Facebook Messenger, Google Hangouts, Skype, Zoom and FaceTime | All Levels | List of available options |
| <https://carolgraysocialstories.com/> | Social stories and resources can help children understand what to expect and why. | Elementary/Middle | Free subscription |
| <https://littlepuddins.ie/category/free-printables/> | Free printables for supporting students with Autism | Elementary/Middle | Free  |
| [https://www.actcommunity.ca/covid-19-resources](https://www.actcommunity.ca/covid-19-resources%20)  | Links to talk to families about Covid-19 | All Levels | Good Information |
| **Link/Resource** | **Gross Motor Movement Activities for Home** | **Grade** | **Additional Info** |
| <https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/?fbclid=IwAR02IDExfRFrRksgE0SWQb5bIRNCP-zE6n_R9lyXRursyJyQP6h1mrX7gd8> | Go Noodle: Good Energy at Home offers free:• Movement, yoga, and mindfulness videos• Downloadable curricular activities• Recommended off-screen home activities | All Levels | Great resource |
| <https://eastersealsdfvr.wordpress.com/2020/03/24/easy-indoor-activities-for-energetic-kids/> | Amazing activities to engage active children and get them moving while at home. Push/pull activities, hide and seek activities, obstacle course…all to keep the energetic child regulated  | Elementary | Easy access to some ideas |
| [Heavy Work Activities](https://drive.google.com/file/d/0B86bxhFxYKGzR2paQkdhSl9sUUk/view) | This webpage offers a list of "heavy work" activities that can be done at home | Elementary | Good ideas |
| <https://www.youtube.com/playlist?list=PLyCLoPd4VxBvPHOpzoEk5onAEbq40g2-k> | PE with Joe: offers free home physical activity videos for children (videos about 5-9 minutes) | Elementary/Middle | PT recommended |
| <https://openphysed.org/activeschools/activehome> | Tools for creating an Active Home Program | Elementary | Some good activities in pdf format |
| **Site/Resource** | **Fine Motor** | **Grade** | **Additional Info** |
| <https://www.raisingdragons.com/> | simple science experiments, math games and craft projects mostly with items you can find around the house | PRE-K- 8+ | OT recommended |
| <https://theinspiredtreehouse.com/activities-index/> | 400 Therapist approved ideas and activities links to all of your favorite activities and ideas for promoting healthy motor, sensory, and cognitive development in kids | Pre+-8\* | OT recommended |
| **Site/Resource** | **Self Regulation** | **Grade** | **Additional Info** |
| <https://search.bridgingapps.org/apps/efc5658b-3ad7-4263-83b6-fefd53eb55c3> | Day Cape: The app allows a user to set up activities for the child using pre-set pictures, or by uploading personalized images. Once the activities are set up, notifications show up on the child's device to remind them of the activities they have been assigned | Elementary/Middle | Free app for Apple products |
| <https://apps.apple.com/ca/app/mindshift/id634684825> | Mindshift is an app for anxious kids/young adults. Uses a cognitive behavioural approach to help individuals cope with feelings of anxiety. Areas MindShift addresses include worry, social anxiety, and sleep | All Levels | Created by Anxiety BC |
| **Site/Resource** | **Literacy** | **Grade** | **Additional Info** |
| <https://kids.scholastic.com/kids/books/dav-pilkey-at-home/> | Dave Pilkey author of Captain Underpants: Creative fun with some of the characters from Dog Man and Captain Underpants. Check in every Friday to discover new activities, exciting videos and more. Read, Draw, Create | Elementary/Middle | Kids might buy into this activity readily |
| <https://www.starfall.com/h/> | The program emphasizes exploration, play, and positive reinforcement—encouraging children to become confident and intrinsically motivated. Starfall is an educational alternative to other entertainment choices for children and). It is widely used in schools that serve children with special needs and learning difficulties | especially effective for special education, homeschooling (ELD, ELL, ESL) | It is widely used in schools that serve children with special needs and learning difficulties |
| <https://www.raz-kids.com/> | RAZ Kids: Reading A-ZDifferentiate student reading with more than 2,000 books at 29 levels of reading difficulty.• Hone reading skills with lesson plans, worksheets, discussion cards, and comprehension quizzes that accompany every leveled book.• Teach important 21st century skills and address critical ELA curriculum standards with thousands of downloadable, projectable, and printable teaching materials.• Utilize hundreds of world language / translated books ideal for bilingual, ELL, and dual-language programs. | Elementary/Middle | User friendly400+ eBooks that students can listen to, read, and even record themselves reading |
| <https://portal.flyleafpublishing.com/> | Online Materials portal for Instructors: free resource to help facilitate online reading instruction and learning. Two areas on the site: Student and Instructor. | Elementary | Materials organized by our [Phonics Scope and Sequence](https://portal.flyleafpublishing.com/wp-content/uploads/2020/03/SS-091619-with-Part-Numbers.pdf), and can be quickly navigated |
| **Site/Resource** | **Numeracy** | **Grade** | **Additional Info** |
| <https://jr.brainpop.com/> | Math Reading, Science, Social Studies | K-3 level: | Free Access |
| <https://www.brainpop.com/> | English, Math, Social Studies, Science, Art/Music and Health and SEL | K-Grade 12 | Free access  |
| <https://www.khanacademy.org/> | Math online by grade | Pre K to Grade 8 | Free access  |
| <https://ca.ixl.com/> | Math activities online by grade and content  | All levels | Schools may have licence |
| <https://www.prodigygame.com/> | Encourage self-paced math practice | Grade 1-8 | Free |
| <https://www.reflexmath.com/> | system for mastering basic facts in addition, subtraction, multiplication and division  | Grades 2-6 | Schools may have licence |
| **Site/Resource** | **Covid-19 Support** | **Grade** | **Additional Info** |
| <https://www.inclusionoutreach.ca/wp-content/uploads/Supporting-Individuals-with-Autism-through-Uncertian-Times-Full-Packet.pdf> | Social Narrative: COVID-19 Social Narrative: Coronavirus Social Narrative: Greeting People Social Narrative: Giving People Space (Social Distancing) Social Narrative: Giving People Space When TalkingVisual Support: Hand Washing (Clipart) Visual Support: Hand Washing (Photos) Task Analysis: Hand Washing Creating Visual Supports and Social Narrative Apps Visual Support: Calendar Template Visual Support: Countdown Example Visual Support: Timer (Using Stickie Notes) Timer Apps | All levels | Good visuals to support understanding |