

# Tips and Guidance for Home Learning Pupils with AUTISM

## 1. Try to establish a routine

Not just for your learning activities but for all your daily activities such as dressing, eating, etc.

Children with autism thrive on routine and will adapt to the change once they know what the day is going to look like. Some children may even prefer to wear their uniform for 'work' tasks.



## 2. Use a visual schedule if possible

Once you've decided on the routine, if possible, set it out visually so it is clear, at a glance, what the day will look like.

One of your daily activities could be creating this together.

Agree on a set number of key tasks per day. Remember no one is expecting the children to be working for the whole day!



## 3. Reduce demands - keep it simple

Try to think of it as practice - keeping their reading, writing and maths skills ticking over rather than trying to teach new information or move them on too quickly. Many pupils with ASD are demand avoidant and increasing demand can lead to anxiety and stress rising and possible meltdown which will be counter productive.



## 4. Not all learning involves writing it down!

Many of our children with Autism are known for their creativity and skills in designing and making! Put these skills to good use and have

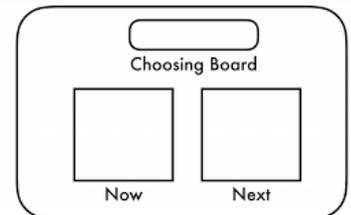


a project around a theme that can be worked on over a few days or a week.  
For example, design and build a new fairground Ride, spacecraft, etc using things you have at home.

### 5. Now Next Board

We use the language Now Next to motivate our pupils. It gives them an incentive to complete the set/required task (the Now) knowing that a reward or treat is coming Next!

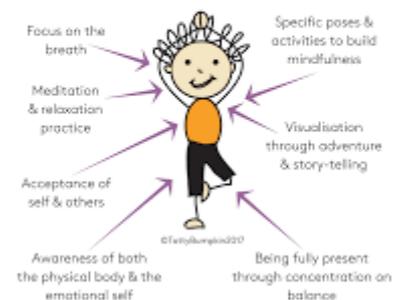
"**Now** we are going to do 15 minutes of maths but **next**, you can choose"



### 6. Focus on Well-Being

Many pupils will miss the routine of school and will be finding this unusual time very frightening!

Include some activities during the day that will support their emotional health and well-being such as relaxation, crafts mindfulness activities. Sensory diet is also essential!



### 7. Lego

Lego is always a firm favourite but it can be used in so many ways to promote learning as well as for good old relaxation and fun! Lego can be used to visually support spelling and maths among other things. There are lots of ideas online just google Lego Spelling e.g. but don't forget to just let them build, build, build as this will promote relaxation and mental well-being.



## 8. Build a den!

Many pupils with ASD love nothing better than to hideaway in a quiet, safe place. Den building can be great activity which incorporates design and making skills, problem-solving, collaboration but ultimately it will give them a perfect hiding place to chill, unwind and relax the mind. It's amazing what you can do with some sheets, towels and other household objects!



## REMEMBER WE ARE NOT EXPECTING YOU TO REPLACE YOUR CHILD'S TEACHER

- Try not to panic about trying to teach your child new skills and knowledge - focus on practice and consolidation
- If things are causing stress, anxiety and meltdowns try different activities and tactics or just take some time out
- 1:1 learning can be intense - no one is expecting your children to do a full school day! Give yourself and your children a break!
- Don't forget the practical subjects such as PE, Art, Design, etc all still count as home learning, it isn't all about Maths, Writing and Reading.

**If you have any questions or concerns don't hesitate to contact [nutgrove@sthelens.org.uk](mailto:nutgrove@sthelens.org.uk) and if we can help we will!**

Some useful links and websites and search ideas:

Google searches:

*(these should lead you to a range of websites and resources, not all of which have been tested or checked by us)*

<https://www.kids-konnect.com/blog/7-fun-sensory-activities-for-kids-with-autism>

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

<https://www.autism.org.uk/about/family-life/parents-carers.aspx>

<https://www.learning4kids.net/list-of-sensory-play-ideas/>

<http://www.playideas.com/25-awesome-lego-activities-for-kids/>

