

Connections

A Newsletter For Teachers Working With Autism
Educational Equity For All



November 2015



Welcome to Sandbox Learning Improving Children's Performance and Behavior through Sleep

Sleep matters for kids. Studies have shown both late bedtimes and irregular bedtimes affect children's school performance and behavior. This newsletter includes tips for making bedtime routines easier with the article, *Six Strategies for Making Bedtime Easier*, stories to help children with their routines, and an article discussing the effects of random bedtimes.

Article - Six Strategies for Making Bedtime Easier

Consistency matters when it comes to kids and sleep. *Six Strategies for Making Bedtime Easier* includes six tips to help establish and stick to a consistent bedtime routine.

Please feel free to share this article and any other Sandbox Learning article with parents and professionals.

*Six Strategies for Making
Bedtime Routines Easier*

- [PDF](#)

*Six Strategies for Making
Bedtime Routines Easier*

- [Web Article](#)



<https://mail.aol.com/webmail-std/en-us/suite>

<https://www.youtube.com/watch?v=eGXi69ws07s>



SPECTRE **Tuesday: 11/10 at 7pm**

PEANUTS **Saturday: 11/14 at 10am**

THE HUNGER GAMES: MOCKINGJAY - PART 2

Tuesday: 11/24 at 7pm

THE GOOD DINOSAUR **Saturday: 11/28 at 10am**

Movie Showings for Guests & Families Living with Autism or Other Special Needs

AMC is proud to partner with the Autism Society to bring you unique movie showings where you can feel free to be you! We turn the lights up, and turn the sound down, so you can get up, dance, walk, shout or sing!

We are now expanding our Sensory Friendly Film program to four showings per month.

- The second and fourth Tuesday and Saturday.
- Family-friendly movies will continue to show Saturdays, starting at 10am local time
- We've added Tuesday showings at 7pm local time that may appeal to others on the autism spectrum.

Tickets are \$4-6 depending on location and can be purchased on the day of the event.

To find a participating theater:

<https://www.amctheatres.com/programs/sensory-friendly-films>

EDUCATIONAL
EQUITY FOR ALL
..... Giving kids what they need to succeed.

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FEATURED IDEA OF THE MONTH



Vibrating Seat Cushions

Sit on these colorful, lightweight, vibrating cushions to receive a gentle sensation, relaxing, calming and soothing the body. The pillows are small enough to take anywhere. Vibration starts when a child sits on the pillow and stops when they get up. Requires 2 AA batteries.

<https://www.beyondplay.com/ITEMS/K155.HTM>

TEACHING TIPS AND TRICKS-Autism

Symptoms Checklist for the Classroom

- Signs of stress: crying, temper tantrums
- Reclusive and/or depressed
- Extremely anxious
- Anxiety driven behavior (fidgeting, pacing, clicking pens, mumbling, appears to be in flight or fight mode at all times)
- Excessively fearful about being centered out
- Unusually clingy and insecure
- Frequent visits to the time-out bench, principal's office or isolation room
- Take forever to complete a task as everything else in the area caught their attention
- Moves from toy to toy or play station to play station and does not stay focused for any length of time
- Asks frequent questions but does not appear to listen to the answers
- Displays unusual or no response to emotional situations
- Discipline has no impact on behavior
- Unusual ability to hear - Heightened ability to hear certain noises, but unable to hear properly in slightly noisy or cavernous rooms, like gymnasium
- Dislikes loud noises, prefers a quiet play area
- Tells you he feels dumb or stupid
- Forgetful, loses his belongings and homework
- Has trouble getting started
- Awkward pencil grip - pressure right through the paper
- Reluctance to try or do puzzles, but may be very good at them when challenged
- Unusually clumsy - an accident looking for a place to happen
- Toe walking, hand flapping
- Student is too verbal
- Needs to learn to take their turn
- Doesn't concentrate on work: unfocused, disorganized, uses time poorly

<http://www.teaching-special-needs-students.com/autism-symptoms.html#symptoms>

WEBSITES AND RESOURCES

http://www.superduperinc.com/handouts/pdf/134_AutismintheClassroom.pdf

<https://www.deni.gov.uk/sites/default/files/publications/de/asd-classroom-practice.pdf>

<http://butterflyeffects.com/autism-in-the-classroom-overcoming-challenges/>



PROFESSIONAL DEVELOPMENT



CSESA

The Center on Secondary Education for
Students with Autism Spectrum Disorders

Understanding Autism Professional Development
Curriculum

Presentation 1:

[Characteristics and Practices for Challenging Behavior](#)

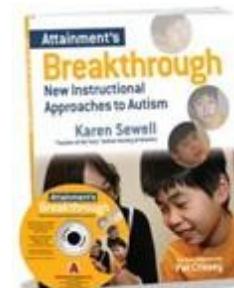
Presentation 2:

[Strategies for Classroom Success and Effective Use of
Teacher Supports](#)

<http://csesa.fpg.unc.edu/resources/understanding-autism-professional-development-curriculum>



RECOMMENDED READING & VIDEO



Breakthrough - Teaching children with Autism

Teach a wide range of academic, life, and social skills in the context of a behavioral program. Breakthrough is a hands-on,

how-to program authored by Karen Sewell and Pat Crissey. New chapters cover high functioning children with autism and Asperger's Syndrome, and Visual Supports for students with autism. This comprehensive text focuses on social skills, communication and classroom management.

Chapters include:

- Students with Asperger's Syndrome
- Visual Supports
- IEP Evaluations
- Functional Lesson Plans
- Reading Readiness
- Math
- Self Help
- Vocational Skills

Features numerous lesson plan reproducibles. Includes a Win/Mac CD with printable PDF. Covered spiralbound book, 240 pages, 2008.

<https://buy.special-need-products.com/Breakthrough>

