



How To Plan An At Home Learning Day With Your Autistic Child

Introduction:

Many parents and families are now facing the somewhat daunting task of scheduling educational, physical, art, and learning projects at home. Maintaining a daily schedule or routine is vital in providing structure, security and certainty in a currently highly unstructured and insecure world. A daily plan allows for activities, breaks and for setting goals to achieve for the day. Achieving something each day is vital in boosting self-confidence, self-esteem and coping skills. There are many different templates and schedules out there – the most important piece of advice is to pick something with your family that they like – based on colour, or ease of understanding, and then modify it to suit your needs. Some children need lots of small breaks, some need time to work on something, especially if their interest has been engaged and they have momentum on a project. As a parent, I urge you to modify an at home learning day plan to best suit you.

This brief resource outlines the following:

- Two examples of daily schedules for at home learning:
 - o A 10-year-old's self-made schedule with activities reflecting their interests
 - o A template with suggested times and ideas for activities
- Key Points in Developing a Daily Learning Schedule
- A list of helpful websites with additional resources



Two examples of daily schedules for at home learning:

1. Created by a Grade 4 Student. The days and activities reflect his interests!

TIMETABLE

Thursday	Monday	Wednesday	Friday	Tuesday
3:00 MATH	1:00 reading	1:50 own time	1:00 HANDWRITING	1:00 hand writing
1:00 writing	3:00 MATH	2:00 writing	2:00 Device time	4:00 Device time
1:00 reading	1:00 writing	3:00 Hand writing	2:00 Writing	5:00 writing
2:00 hand writing	3:00 own time	1:00 MATH	1:00 Device time	1:00 Device time
3:00 own time	handwriting	4:00 device time	5:00 reading	5:00 reading
1:00 no device time	own time	2:00 no device time	1:00 Device time	4:00 Device time
2:00 own time	no device time	2:00 device time	no device time	no device time

What can we learn from this self-made schedule?

To adult eyes, this schedule may appear at first glance to be a little unorganised. The days are not in the right order and there is a significant amount of 'device time' (i.e. playing on his iPad) sprinkled throughout. But let's look a little deeper into what it shows us.

Organisation: The first important thing to note is that because it was created by the student it reflects how his head is organised. It's not going to make sense to other people because it's such a personalised thing, but for this one student it will be easy to follow. Because he's created it he's engaged in doing it.

Limits: This schedule is a reflection of his limits. It's quite ambitious really. They're fairly full days with a variety of activities, but set out according to his own limits. If you look at the 'device time' as down time, it shows how he paces himself.



2. A structured template with examples and ideas for resources

Learning @ Home with ADDITUDE Sample Schedule & Resources for Elementary School Students with ADHD		
TIME	ACTIVITY	IDEAS AND RESOURCES
8:00 a.m.	Start your day	- High-protein breakfast ideas (additu.de/breakfast) 3 great breakfast ideas (additu.de/3recipes) - Morning routines for kids with ADHD (additu.de/mornings)
8:45 a.m.	Physical Activity	- Morning walk or play time in the front yard - YouTube exercise videos - Jumping jack and burpee challenge - Movement ideas for kids with ADHD (additu.de/movement)
9:00 a.m.	Reading	100 Greatest Books for Kids by Scholastic (scholastic.com/100books/pdf/Top_100_Childrens_Books_of_All_Time.pdf) - Reading Rockets (readingrockets.org) - K12 Reader – reading instruction resources (k12reader.com) - Libby App – library access (overdrive.com/apps/libby)
9:30 a.m.	Writing	- Study Ladder – literacy lessons (studyladder.com/games/literacy) - ABCya – educational games for grades preK to 6 (abcya.com) - K-12 Reader – writing and composition resources (k12reader.com/subject/composition)
10:00 a.m.	Movement break	
10:30 a.m.	History and Social Studies	- iCivics (icivics.org) - National Geographic Kids (kids.nationalgeographic.com) - The Metropolitan Museum of Art (metmuseum.org/art/online-features/metkids/explore)
11:15 a.m.	Creative Time	37 craft ideas by grade (scholastic.com/teachers/articles/teaching-content/37-amazing-craft-ideas) - USA National Gallery of Art – lessons and activities (nga.gov/education/teachers/lessons-activities.html) - Time for Kids (timeforkids.com)
12:00 p.m.	Lunch	- DIY kids meals (additu.de/diylunch) - Recipes for focus (additu.de/focusrecipes)
12:45 p.m.	Recess/Free Time	- Sports for kids with ADHD (additu.de/sportsdl) - Skill-building video games (additu.de/videogameskids) - Get your kids off the couch! (additu.de/offcouch) - Mo Willems live doodle (youtube.com/watch?v=RmzjCPQv3y8)
1:30 p.m.	Math	- From the National Council of Teachers of Mathematics (nctm.org/Classroom-Resources/More-Online-Resources-from-NCTM) - Khan Academy (khanacademy.org) - Common Core Sheets – Math (commoncoresheets.com)
2:30 p.m.	Science	- E-Learning for Kids (en.e-learningforkids.org/science) - National Institute of Environmental Health Sciences (kids.niehs.nih.gov/activities/science-experiments/index.htm) - Teacher.org – science lesson plans (teacher.org/lesson-plans/science) - National Geographic for Kids – science experiments for home (kids.nationalgeographic.com/explore/science/science-lab)
3:00 p.m.	Movement break	
3:30 p.m.	Misc. Academics/Enrichment	- Critical Thinking (scholastic.com/teachers/blog-posts/genia-connell/critical-thinking-activities-fast-finishers-and-beyond) - Typing.com (typing.com) - Music, art, dance lessons are available on YouTube
4:30 p.m.	Chores	- Chores for kids with ADHD (http://additu.de/choretips) - Chore chart tips (http://additu.de/chorecharts)
5:00 p.m.	Screen-Free Time	Activities from Screen-free.org (screenfree.org/resources)
5:30 p.m.	Dinner	- Meal tips for ADHD families (http://additu.de/mealplanning) - Fast, easy, healthy dinners (http://additu.de/happymeals) - Stress-free dinner planning (http://additu.de/calmdinners)
6:30 p.m.	TV/Screen Time	- Common Sense Media (commonsensemedia.org) - KidLit TV (kidlit.tv)
7:30 p.m.	Family time	- Bonding games for ADHD families (additu.de/bonding) 12 ways to build strong ADHD families (additu.de/strongfamily)
8:30 p.m.	Get ready for bed	9 strategies for stress-free evenings (additu.de/easynights) - Routines for morning and night (additu.de/schedule)
9:00 p.m.	Bedtime	- Sound sleep solutions for kids with ADHD (http://additu.de/sleepdl) - Tricks for an easier bedtime (http://additu.de/sleeptricks)

ADDITUDE

www.additudemag.com/download/

Ref: <https://www.additudemag.com/download/sample-schedule-homeschool-coronavirus/>



Key Points in Developing a Daily Learning Schedule:

1. Adjust the workload for working from home. Set two – three study areas or goals per day.
2. Allow breaks for sensory relief, movement and exercise to help your child focus and remain motivated.
3. Clearly outline the task, the steps involved and include an example if you can.

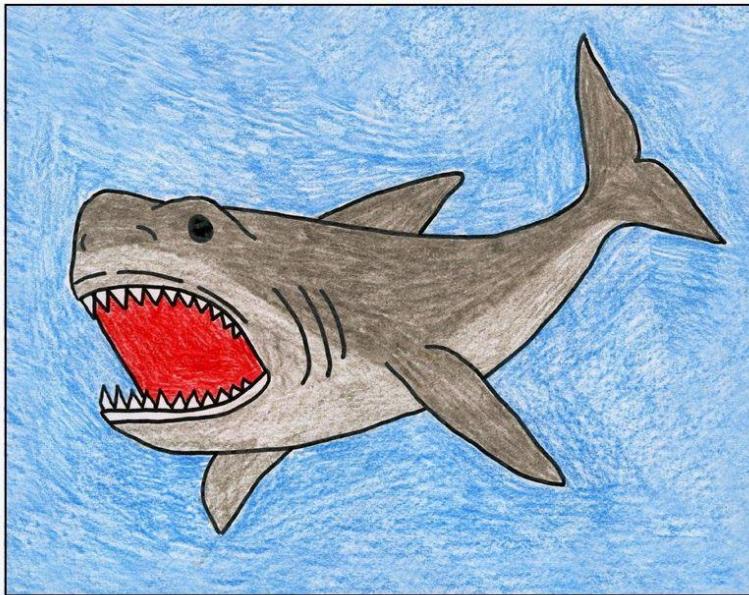
For example:

Activity: Turning Vocabulary into Pictures:

1. Select 3 new unknown words from your novel that you are reading at home.
2. Write the 3 words into your workbook.
3. Create an image that describes the meaning of the word - show us you know what it means!

E.g Ferocious:

Reference: <https://artprojectsforkids.org/my-drawing-tutorial-portfolio/drawing/>



4. If possible, allow your child to pick a project that is in line with their interests and favourite subjects. Provided they meet the task requirements, they could write, produce, create or draw a project about Ancient Egypt, mythology, their favourite book. They could create a Lego model! Allow as much freedom as possible to engage their interests.
5. Set up a reward for completing each day: it doesn't have to involve purchasing anything, it could be choosing what to have for dinner, time playing their favourite game or getting to choose a movie for the family to watch.



Helpful websites for planning daily schedules and activities for kids at home:

Carrots Are Orange: <https://carrotsareorange.com/daily-schedule-for-kids/>

Pinterest Daily Free Schedules for Kids:

<https://www.pinterest.com.au/pin/181058847498048785/>

Raising Children Changing Routines – Children and Teenagers with Autism:

<https://raisingchildren.net.au/autism/behaviour/understanding-behaviour/changing-routines-asd>

Cool Australia Org: Free Downloadable Lesson Plans for Kids:

https://www.coolaustralia.org/curriculum-materials/?types_k=&types_v=&year_level_k=&year_level_v=&ca_topic_k=&ca_topic_v=&subject_k=&subject_v=&

Mable - Activities for Kids with Autism:

<https://blog.mable.com.au/blog/consumers/activities-kids-with-autism/>

Australian Special Education Principals' Association: Online Resources For Students and Families:

<https://asepa.schoolzineplus.com/covid19>