

STAR Autism Support



FREE WEBINAR

Teacher Appreciation: Empowering Educators

Resources

STAR Newsletters (available in English and Spanish):

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[STAR Program](#) | [Links Curriculum](#) | [SOLER](#)

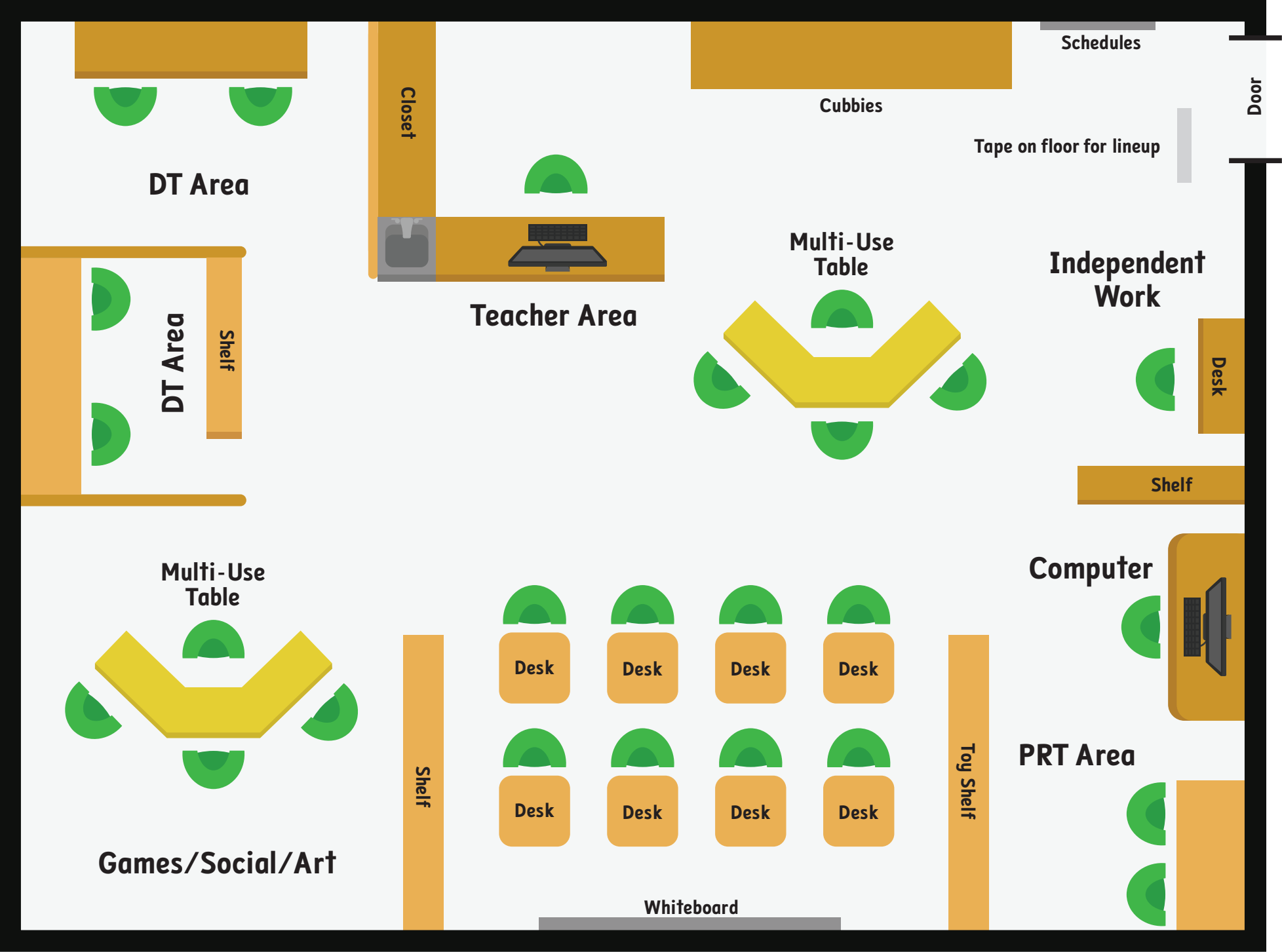
Curriculum Overview Flyers for Caregivers:

English: [STAR Program](#) | [Links Curriculum](#) | [SOLER](#)

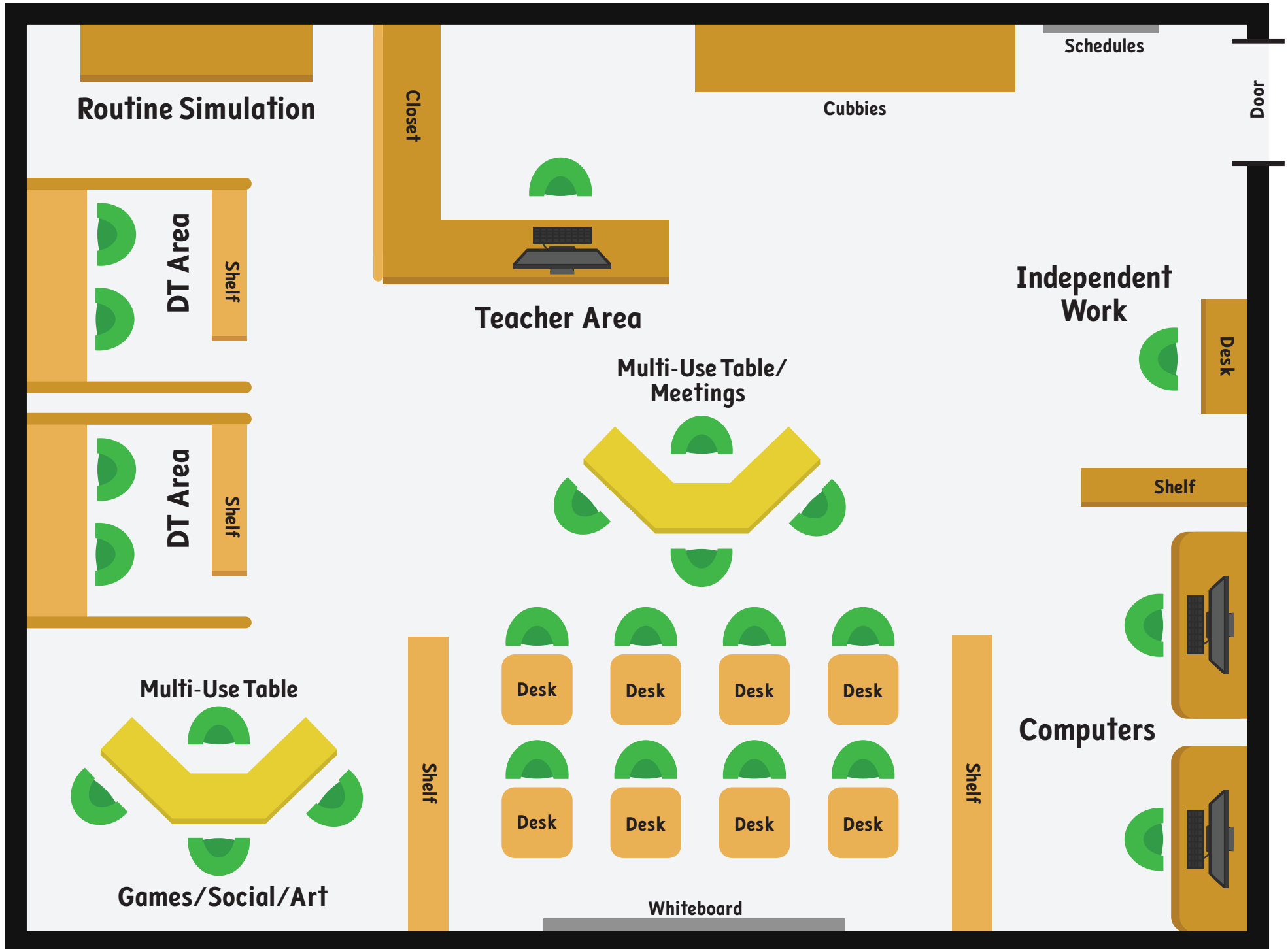
Spanish: [STAR Program](#) | [Links Curriculum](#) | [SOLER](#)



Classroom – STAR Program – Primary



Classroom – Links Curriculum – Secondary



Creating a Visual Schedule



Visual schedules help learners know what to expect for the day and can be used at school, at home, and in the community. By identifying to the student what is happening next and where to go, schedules can build independence, reduce anxiety and undesired behaviors, and increase attention and flexibility.

1

Choose a schedule type for your learner.

- Use objects, icons, photos, words, or a combination depending on the learner's need.
- Decide between a static or portable schedule system. This depends on the learner's need and whether the student will travel a distance between locations with the schedule.
- Choose the system to use: Landing board, container system, checkmark system, notebook, etc.

2

Gather materials.

- Download or create photos, activity icons, check schedule icons, schedule template, etc.
- Print and cut materials as needed.
- Create landing strips, boards, or containers in each location of the classroom as needed.
- Gather additional materials for portable schedules (e.g., binders, folders, clipboards, etc.).

3

Laminate or use plastic pockets to protect visuals for repeated use.

- Laminate icons and add velcro.
- Use a dry-erase marker with a checkmark schedule (laminated or in a plastic pocket).
- These steps help to make schedule materials more durable, but they are not required!

4

Display the scheduled activities in order.

- Icons are typically displayed top-to-bottom or left-to-right.
- Written activities are typically displayed top-to-bottom.
- Determine how many activities to display at once depending on the learner's need (e.g., fewer icons for students with higher support needs).

5

Place the schedule in a consistent, easy-to-access location.

- Options for static schedules (e.g., in self-contained classrooms) include near cubbies, at each student's desk, or in a central classroom location.
- Portable schedules travel with the learner, but consider teaching the student to store it in a consistent location when not in use.
- Include each learner's name or photo when displaying multiple schedules simultaneously.

**STAR Media Center subscribers can explore
Routine Essentials for a variety of schedule supports!**



Name:





Cut out the pictures.

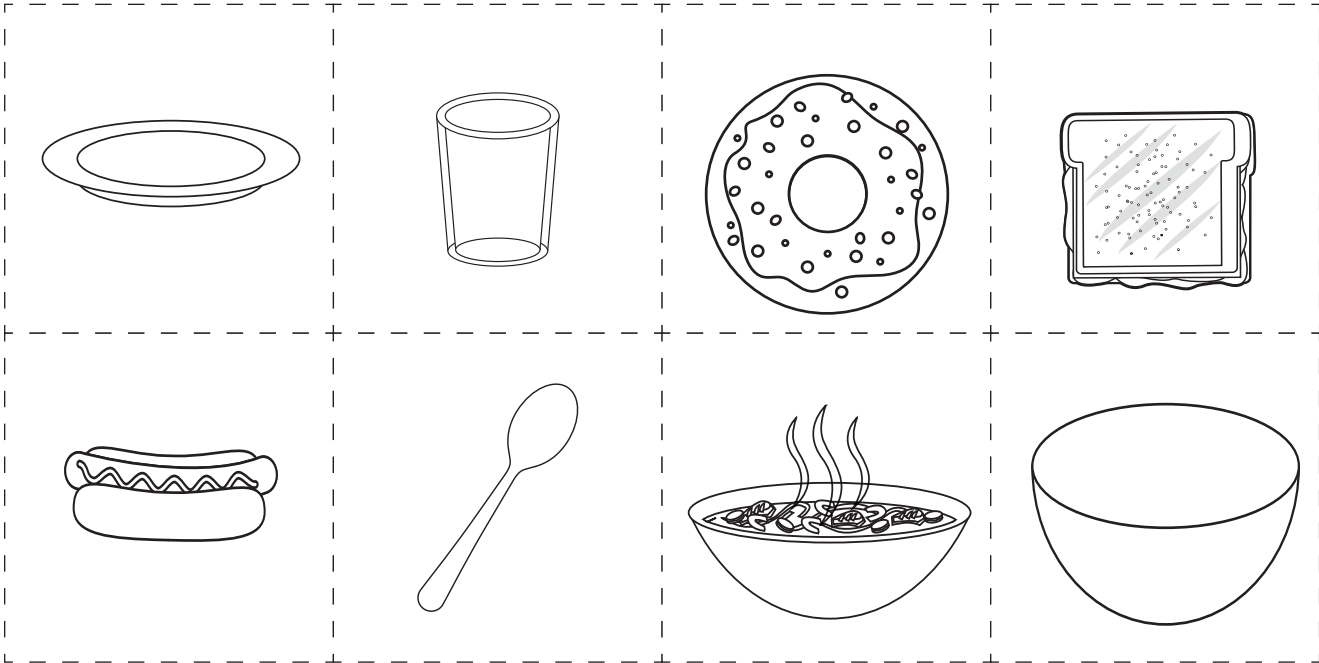


Sort the pictures.





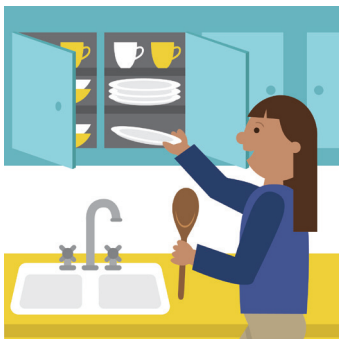

Glue the pictures in the correct category.

| <div>Dishes</div> | <div>Food</div> |
|---|--|
| | |



Cut along dotted line and laminate.

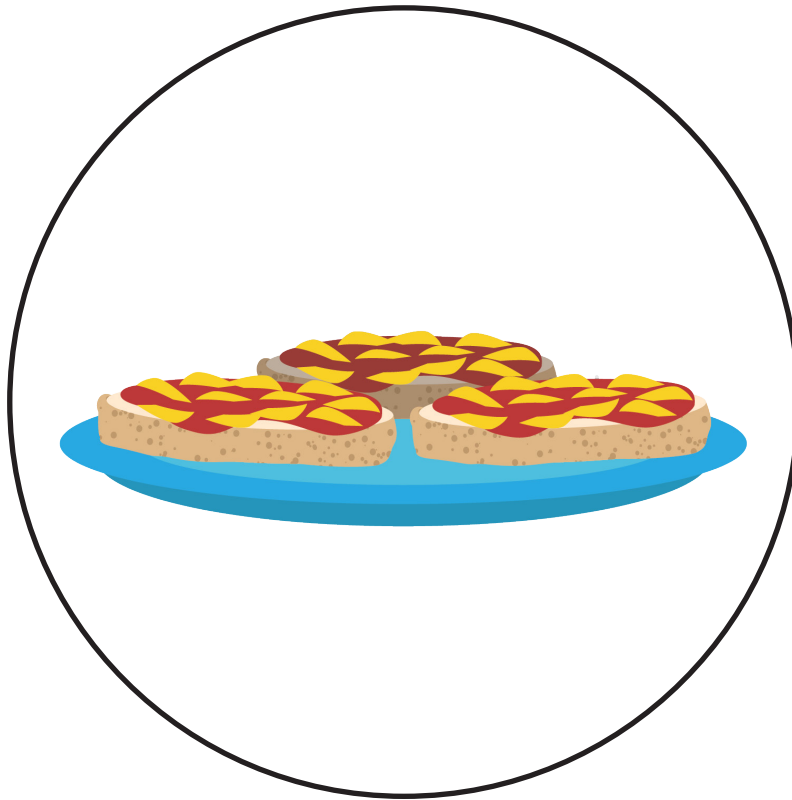


| Identify recipe | Read recipe | Get ingredients and equipment | Make food | Put away ingredients and equipment |
|--|---|---|--|---|
|  |  |  |  |  |

Cooking Routine

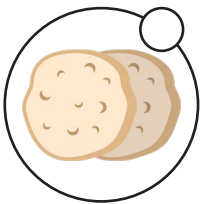
English Muffin Pizza Recipe

(1 serving)



Ingredients and Materials

✓ Draw a checkmark beside each ingredient or material that you gather for the recipe.



English muffin



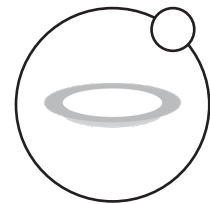
Tomato sauce
(1.5 cups)



Shredded cheese
(2 cups)



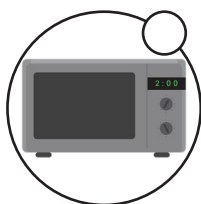
Plastic knife



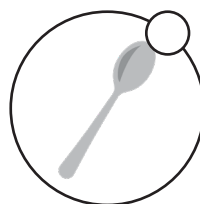
Plate



Toaster



Microwave



Spoon



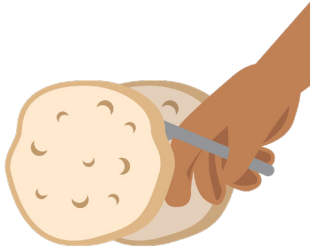
Oven mitt

English Muffin Pizza

Recipe

✓ As you complete a step of the recipe, draw a checkmark next to that step.

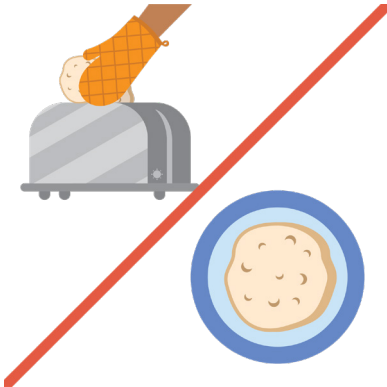
- 1 Using the knife, cut or pry apart the English muffin so you have 2 slices.

☐

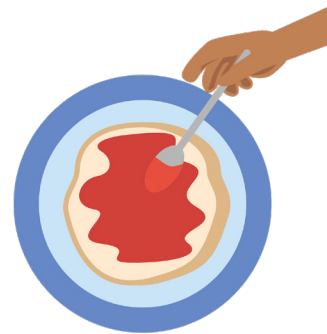
- 2 Place both English muffin slices in the toaster for 1–3 minutes.

☐

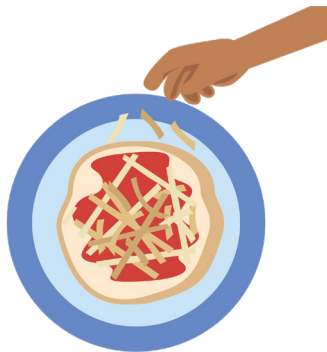
- 3 Using an oven mitt, remove the English muffin slices from the toaster and put them on a plate.

☐

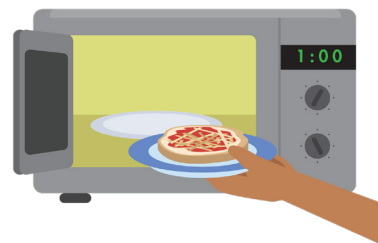
- 4 Using the back of a spoon, spread tomato sauce on each English muffin slice.

☐

- 5 Sprinkle cheese over the tomato sauce on both slices.

☐

- 6 Place the plate in the microwave for one minute.

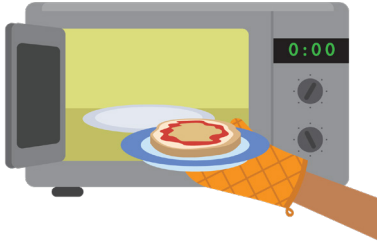
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English Muffin Pizza

Recipe

- 7** Using an oven mitt, remove the plate from the microwave.


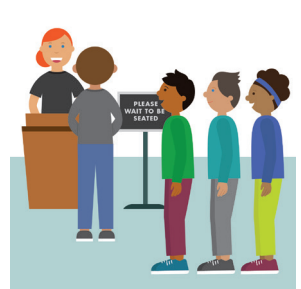


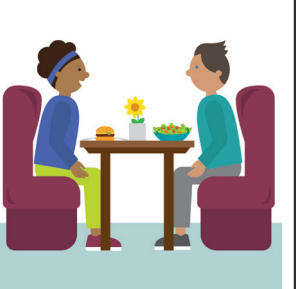
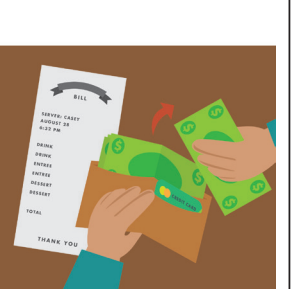


- 8** Let cool, eat, and enjoy!



Cut along dotted line and laminate.



| Go to restaurant | Wait in line | Go to seat | Choose food items | Eat | Pay for food |
|---|---|--|---|---|---|
|  |  |  |  |  |  |

Eating at a Sit-Down Restaurant with a Peer Visual Strip

© Star Autism Support 2017. LINKS: Eating Out

I Feel...

Different situations cause different emotions.

makes me happy.



makes me sad.



makes me mad.



makes me scared.



makes me embarrassed.



makes me surprised.





ROUTINE ESSENTIALS

COMMON LANGUAGE POSTER

Attending

Come here
Walk with me
Stop
Wait
Sit down / Stand up
Hands down
Look at me
Look at X [object or name]

Social / Requesting

Model if needed.

Hi, X [name] / Bye, X [name]
Want X [object, activity, or name]
I want X [object, activity, or name]
No [object, activity, or name]
Help / Help, please
Want help

Following Directions

Give direction, pause, and give the student time. If needed, provide gestural or physical prompting.

Do this (Say, "Do this," and model routine step.)
My turn / Your turn
Pick it up
Put it in
Put it here
Get X [object] and give it to X [name]
Go to X [location] and get X [object]
Give me X [object or a number of objects]

Answering Questions

Ask the question, pause, and give the student time to respond. If needed, provide visual or verbal prompting.

What is this?
Who is this?
What is X [name] doing? (Actions)
How does X [name] feel? (Emotions)



ROUTINE ESSENTIALS

THE POWER OF VISUAL SUPPORTS



Visuals help a wide variety of learners.



Visuals can be used across different environments and people.



Visuals help students focus on relevant information.



Visuals help students understand others' expectations.



Visuals allow time for language processing.



Visuals build independence.



Visuals help reduce anxiety.



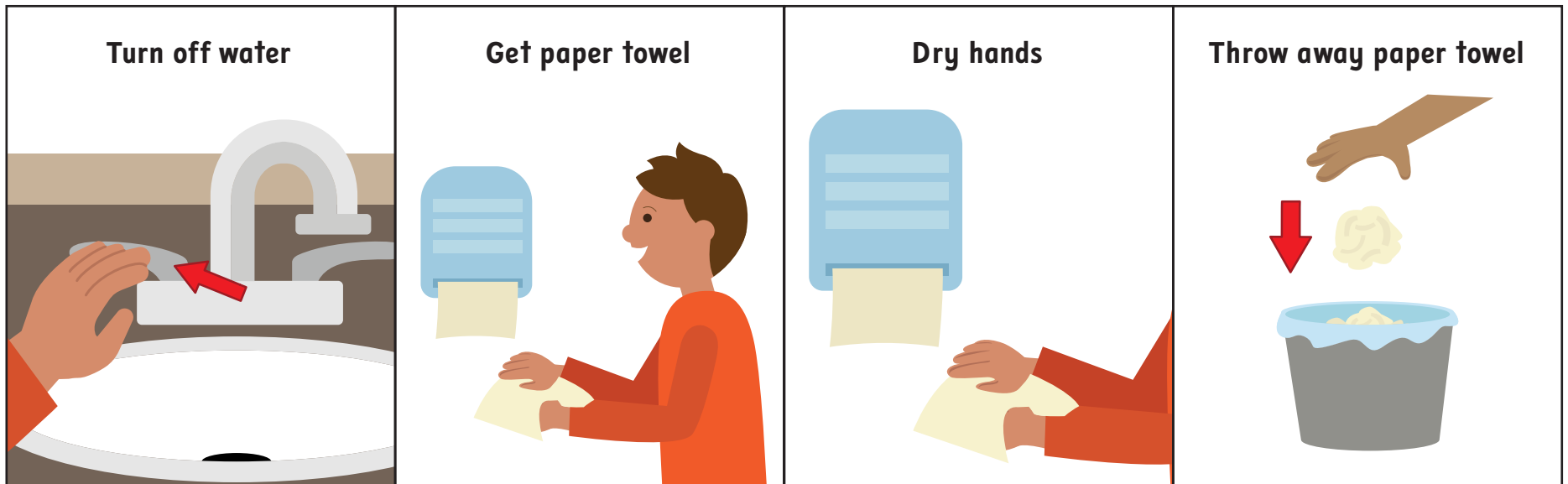
Visuals provide permanent information.



Visuals help with transitions and change.



Bathroom/Self-Care – Washing Hands Sequence Strip





ROUTINE ESSENTIALS

REINFORCEMENT INVENTORY

CONSUMABLE REINFORCERS

| Food Examples: candy (note the type), chips, pretzels, crackers, fruit, etc. | Drinks Examples: water, juice, milk |
|--|---|
| | |
| Note: | |
| | |

ACTIVITY REINFORCERS

| Sensory stimulation Examples: scented markers, rain sounds, swinging, water play, rocking | Indoor activities Examples: coloring, watching TV, playing board games, listening to music | Outdoor activities Examples: playing at the park, going for a walk, drawing with sidewalk chalk |
|---|--|---|
| | | |
| Note: | | |
| | | |

TOY REINFORCERS

| Toys Examples: bubbles, spinners, cars, farm animals, balloons, blocks | Electronics Examples: tablets, apps, websites, video games |
|--|--|
| | |
| Note: | |
| | |

TANGIBLE REINFORCERS

Materials

Examples: string, bubble wrap, lotion, stickers

SOCIAL REINFORCERS

Attention

Examples: excited facial expressions, listening to music together, reading a book together

Praise

Examples: "Good job," "Way to go," "Awesome"

Tasks

Examples: helping teachers, taking a turn as class leader, completing preferred classroom jobs

Note:

FAVORITE MEDIA REINFORCERS

Favorite media

Examples: movies, TV shows, video games

Favorite music

Examples: songs, music artists, instruments

Favorite characters

Examples: movie character, TV show character, video game character

Note:

I'm working for

| | | |
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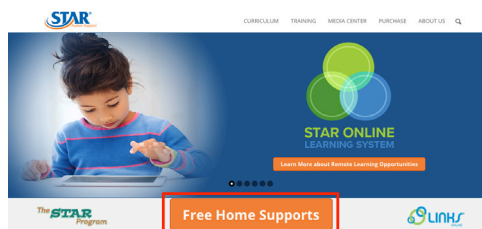
I'm working for

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FREE HOME SUPPORTS

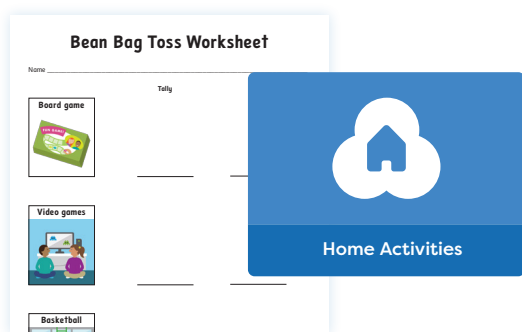
Presented by STAR Autism Support



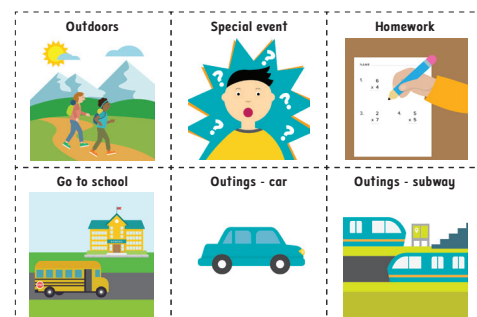
Go to our website and click on Free Home Supports. **It's the orange button!**

Website:

www.starautismsupport.com



Looking for materials and resources to help your child practice skills at home? These activities and worksheets are available to download or print. REELs are interactive presentations that will guide you through appropriate activities for your child.



Visual supports can help your child learn what to do in social situations or help them handle transitions better at home or in the community.

Click on Home Visual Supports for access to visual supports for behavior, staying safe and healthy, learning from home, social skills, family routines, community skills, and current events.



Want to learn some quick strategies for teaching your child routines or motivating them at home?

Click on Home Support Webinars for access to six short informational sessions. These include information on:

**Routines • Motivation • Schedules • Visual supports
Prompting • and more!**

