

Easy 5

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1 - Behaviour plan

Have a behaviour plan in place. Be familiar with their individual needs and signs so you can pick up on early signs as people with ASD can get overwhelmed very quickly.

Have an area where they can go and calm down and then they can come and rejoin others when they are ready.

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2 - Social strategies

Provide opportunities for social interaction with adults and peers. Help students to learn to observe others so they can learn from them.

Teach specific social skills such as how to get teacher attention and how to share with others.

Give some coaching to their peers so they can understand the perspective of the person with ASD.

Put in social supports for more unstructured time such as break and lunch.

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3 - Use cue cards

Use cue cards and scripts to help people to communicate. Have a card they can use to say "I need help" instead of them having to ask verbally. Once they develop this you can fade them out over time. Teach them to say "I don't know" to reduce the anxiety about not being able to answer a question.

Instead of using verbal choices "do you want an apple, banana or orange" use cards with pictures on. This helps with memory issues and communication.

4 - Countdown

Use countdowns before each transition. Give a timeframe and a description of what is going to happen. For example in 20 minutes we will be going to assembly. then say again with 10 to go, then 5. This gives them time to emotionally get ready for a change in what they are doing.

5 - Positive Action Language

Positive action language can help a lot for all people. Instead of using "don't" or "stop", turn it into a positive statement. So instead of "don't walk on the grass" you could use "please keep to the path".