



ASD Virtual Support Journal

Autism Spectrum Disorder Program

Welcome to the Autism Support Services Monthly Journal! We want to stay connected to our students and families. This journal will be delivered monthly right here on the ASD Support Services website! Here you will find fun facts, links to new activities and a technology corner. Please be encouraged to read the articles with your son or daughter and complete the monthly enrichment activities.

Fun Facts...November 6 is National Nachos Day! Nachos were first created sometime around 1943, the popular and loved nachos are of Mexican origin. Nachos can be made with chicken, beef, beans, salsa! There's no one specific way to make it as long as it has two main ingredients: Chips and as much cheese as you can pile on! On November

Activity Challenge: Please follow the link to make a delicious plate of nachos!

<https://www.youtube.com/watch?v=rj6sHhMrhB0>



What's Going On?

Hey DPSCD students! You might be wondering why is everyone talking about voting? The United States presidential election, 2020 will take place on Tuesday, November 3, 2020. Election day always falls on the first Tuesday following the first Monday of November. Voters will select a new President and Vice President among other offices. The winner of the 2020 election will be inaugurated on January 20, 2021! On November 3, 2020 the country gets to exercise their right to vote!

Can I Vote?



If you're a US citizen and you're 18 or over, you should be eligible to vote in the presidential election, which takes place every four years.

Please click the links below for a description of how voting works including a quiz to test your knowledge!

https://www.ducksters.com/history/us_government_voting.php

<https://www.youtube.com/watch?v=GrG7zBUDiqQ>

Mrs. Mekis Music Therapy

November is a great time to count our blessings! I am thankful for my family and the time we have had to spend together. What are you thankful for? Click the links below for some fun Thanksgiving songs. The first link is a song about what we are thankful for. The second link is a fun movement song.

Things I'm Thankful For by Hap Palmer

<https://www.youtube.com/watch?v=TKl8BuVWnUA>

Gobble Gobble Turkey Song (movement song)

<https://www.youtube.com/watch?v=iCM7xAg1tXw>



While the holidays are regarded with anticipation and joy for many families, families with children on the autism spectrum may have mixed feelings. During the holiday season, it is best to plan for what you can anticipate, and expect the unexpected. Children on the autism spectrum thrive on routines and sameness. During the holidays, children are taken out of their comfort zones. Changes to their routines and environment may be overwhelming and cause distress. Below are links to activities and an article on tips to making your holiday season a success.

Please follow the link for tips on a successful holiday season.

<https://www.autism-society.org/holiday-tips/>

Follow the link for online interactive holiday games!

<https://www.primarygames.com/holidays/thanksgiving/games.php>

Ms. Tinnon Adapted PE

Meditation has been around for centuries. Just recently, we've begun to see how it benefits people of all ages. For children with autism, just a few moments of meditation can decrease misbehavior and improve their ability to focus. What better time than now to practice using meditation skills and deep breathing while clearing our minds, relieving stress and taking a step away from the computer.

Take a listen to Coach Tinnon's Meditation Moments at <https://youtu.be/9wf5XgK0chU>



Mr. Williams Tech Corner

"The bad news is time flies. The good news is you're the pilot." – Michael Altshuler.

During this time of online learning, time management can be very important. One of the most important things for our students with Autism is a schedule and managing that schedule. Online timers can help with time management.

Here are some online timer resources: <https://www.online-stopwatch.com/>

<https://www.online-stopwatch.com/sensory-timers/>

You can even make your own timer!

<https://www.online-stopwatch.com/makeyourown/>

