



# ASD Virtual Support Journal

Autism Spectrum Disorder Program

**Welcome to the Autism Support Services weekly journal! We want to stay connected to our students and families. This journal will be delivered weekly 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 weekly enrichment activities.**

**Fun Facts...** May 8 is National No Socks Day! No Socks Day was created to encourage the freedom of the foot. It is a day to free your toes from socks and give your feet a breath of fresh air!

**Activity Challenge:** Help out at home on laundry day by matching laundered by color, size and design!

## What's Going On?

Hey DPSCD students! You might be wondering, "Why is everyone wearing a mask? Masks are currently being used to prevent the spread of the coronavirus or COVID-19. People are now wearing masks in public places to protect themselves and other people from spreading the virus.

## Create your own mask!



Please follow the link for a demonstration on how you can create your own mask!

[https://www.google.com/search?q=simple+masks+to+create+at+home&rlz=1C1GCEB\\_enUS891US891&oq=simple+masks+to+create+at+home&aqs=chrome..69i57j0l7.13234j0j4&sourceid=chrome&ie=UTF-](https://www.google.com/search?q=simple+masks+to+create+at+home&rlz=1C1GCEB_enUS891US891&oq=simple+masks+to+create+at+home&aqs=chrome..69i57j0l7.13234j0j4&sourceid=chrome&ie=UTF-)

### SOCK TUMBLE!

THESE SOCKS WERE SEPARATED IN THE LAUNDRY. CAN YOU FIND THE MATCHING PAIRS?



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## Mrs. Mekis Music Therapy

This week we are going to experiment with making music with water! Grab 3-5 glasses, some water and a metal spoon or wooden stick such as a pencil and let's have fun! Fill each glass with different amounts of water. Use your spoon to gently hit the glasses and observe the sound. Enjoy making music!

Follow the link for a demonstration:

[https://www.youtube.com/watch?time\\_continue=3&v=oGj1rZEu1y8&f](https://www.youtube.com/watch?time_continue=3&v=oGj1rZEu1y8&f)



### This Week...

On Tuesday, May 5 we celebrate Cinco de Mayo! Cinco de Mayo is a celebration of Mexican heritage, culture, and pride. This is in honor of when the Mexican army defeated the French in the Battle of Puebla on May 5, 1862 Follow the link below for Cinco de Mayo activities.

<https://www.familyeducation.com/entertainment-activities/7-fun-cinco-de-mayo-activities-kids>

## Additional Activities!!!

Please click the following links for **Virtual Learning and Adapted Physical Education activities** by our **Adapted PE support staff Myia Tinnon and Sarah Jardine!**

<https://onedrive.live.com/view.aspx?resid=7A235BFF0E6A65F7!490&ithint=file%2cpptx&authkey=!AKTlk5kKrlcorlg>

[https://detroitk12-my.sharepoint.com/:b:g/personal/gary\\_williams\\_detroitk12\\_org/EYlen9gAjVICj3VE17lqVA4Bg2WfnaF6LuxZ03dFg5khw?e=ZEZ1xy](https://detroitk12-my.sharepoint.com/:b:g/personal/gary_williams_detroitk12_org/EYlen9gAjVICj3VE17lqVA4Bg2WfnaF6LuxZ03dFg5khw?e=ZEZ1xy)

## Mr. Williams Tech Corner

Online education can be scary at first. It seems as if many things are coming to us all at once. For students on the Spectrum and their parents/guardians these changes can be daunting. Just like in regular classroom settings, our students and parents need to regulate behaviors and schedules. One user friendly way is the “First-Then” visual communication. “First-Then” is an evidenced best practice for students on the Autism Spectrum.

Fortunately, technology can help with providing a simple a way to create a “First-Then” schedule with the use of two highly rated smartphone app!

“**First Then**” created by ausoft.ru is available for Android and is a free app that allows you to upload pictures already on your phone or ones you download to the “first-then” schedule. You can also set timer and more!

“**First Then Visual Schedule**” is available for users with iOS (Apple) devices and costs \$9.99. This app comes loaded with features and customizations.

