



# 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 Fact...June 17 is National Eat Your Vegetables Day.** This day serves as a reminder to eat your vegetables as part of a healthy diet. Swap your junk food for fresh vegetables, make a big salad for your family or become a vegetarian for the day! Enjoy!

**Activity Challenge:** Follow the link to create egg fried rice with vegetables. Please get adult help on this one!

<https://www.youtube.com/watch?v=YXP0Bpd2u6s>



## What's Going On?

Hey DPSCD Students! You might be wondering, "What is Juneteenth and why are people celebrating?" The name Juneteenth is a combination of the words June and nineteenth. On June 19, 1865, in accordance with President Abraham Lincoln's Emancipation Proclamation, the Union army arrived in Galveston, Texas to announce that the Civil War was over and that slavery had been abolished! Ending slavery in the United States!

## Juneteenth Activities!

**Activities:** Click the link for more information on Juneteenth!

[https://www.youtube.com/watch?v=T2HAVuld0\\_0](https://www.youtube.com/watch?v=T2HAVuld0_0)



**Activities:** Click the link for Juneteenth Activities!

<http://www.mommyhoodcentral.com/family-friendly-activities-to-celebrate-juneteenth/>

## Mrs. Mekis Music Therapy

### Let's Make a Rainstick!

This is an easy instrument to make at home and it sounds like rain! All you need is a paper towel roll, tin foil, brown paper bag, 2 rubber bands, dry rice or beans and markers or paint to decorate your rainstick. Turn on some relaxing music and play along with your rainstick!



Click the link below for instructions on how to make a rainstick.

<https://www.youtube.com/watch?v=giI9RfsA0uM>



**This Week...**The last day of school is **June 19!** This will be the last issue of the virtual support journal. We hope that this journal has provided fun and engaging activities during this time of virtual learning.

From the ASD support office we wish you and your family a restful, peaceful summer, filled with days that become happy memories!

Click the link for fun summer activities!

<https://www.verywellhealth.com/hobbies-activities-autistic-child-260365>

## Adapted PE with Mrs. Jardine

Regular exercise is important to being healthy! Exercise helps promote strong muscles and bones. Kids and teens should get 60 minutes or more of physical activity daily!

Click the link for physical fitness exercises.

<https://media.specialolympics.org/resources/health/fitness/AllLevels.pdf?ga=2.258810766.524702550.1591359175-492786253.1591359175>

## Mr. Williams Tech Corner

Assistive Technology is not always expensive or even “high tech.” The Assistive Technology Industry Association (ATIA) defines AT (Assistive Technology) as: “any item, piece of equipment, software program, or product system that is used to increase, maintain, or improve the functional capabilities of persons with disabilities.” Assistive tech may even be common things found around the house!

Click the links for low-tech assistive technology resources.

**Graphic Organizers** ([https://www.ocali.org/project/resource\\_gallery\\_of\\_interventions/page/graphic-organizers](https://www.ocali.org/project/resource_gallery_of_interventions/page/graphic-organizers))

**Visual Schedules** (<https://do2learn.com/picturecards/VisualSchedules/index.htm>)

**Stress Balls and other fidget toys** (<https://www.autismparentingmagazine.com/fidget-toys-to-relieve-stress-anxiety/>)



Check the link for more low tech ideas!

<http://www.autismadventures.com/low-tech-mid-tech-and-high-tech/>