



# 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...**National Cookie Day is a holiday celebrated annually on December 4th! Bakers warm up the ovens for baking. Cookies arrived in America in the 17th century with macaroons and gingerbread cookies becoming the most popular. In England and Australia cookies are referred to as biscuits! And in America the Dutch word “koekje” was changed to “cookie”. Let’s kick off the holiday season with baking cookies!

**Activity Challenge:** Please follow the link to make chocolate chip oatmeal cookies!

<https://www.youtube.com/watch?v=dBZr0xaxkWs>



## What's Going On?

Hey DPSCD students! You might be wondering who won the United States presidential election? The polls closed on November 3rd, but it took days to count and then recount the ballots. Finally, after all the ballots were counted, Joe Biden was declared President and Kamala Harris was declared Vice-President! The Biden–Harris Team will be inaugurated (take office) on January 20, 2021! Please click the links below to learn more about Joe Biden and Kamala Harris!

## Who are they?

### President

Joe Biden



<https://study.com/academy/lesson/joe-biden-lesson-for-kids-biography-facts.html#lesson>

### Vice-president

Kamala Harris



[https://kids.kiddle.co/Kamala\\_Harris](https://kids.kiddle.co/Kamala_Harris)

## Mrs. Mekis Music Therapy

It's December! Many people have different traditions during the holidays. Below you will find 2 links. The first link is Jingle Bells, this is a fun movement and instrument song. The second link is a song about Kwanzaa. What is your favorite tradition for the holidays?

### Jingle Bells Song

<https://www.youtube.com/watch?v=pVIs8bQUcXg>

### Kwanzaa Song

<https://www.youtube.com/watch?v=t7fM5yjmVRY>



From the DPSCD Autism Support Office, we wish you and your loved ones peace, health, happiness, and prosperity in the coming New Year. Let the spirit of love gently fill our hearts and homes. Warmest thoughts and best wishes for a Wonderful Holiday and a Happy New Year!



Click the links for holiday social stories to help get you through the holiday season and fun holiday games!

<https://www.andnextcomes1.com/2019/11/christmas-social-stories.html>

<https://pbskids.org/games/holiday/>

## Ms. Tinnon Adapted PE

Sensory Processing refers to the way the body receives, analyzes and responds to the signals it receives from the environment. Everyone has unique sensory needs and preferences. All of our senses work together to provide us with a general view of ourselves in relation to the environment. Sensory play doesn't only mean getting your hands messy! Movement play, auditory play and visual play are all sensory experiences too! Multi-sensory experiences where all the sensory systems are working is crucial for normal development.

Check out this website to do some indoor, gross motor activities at home. <https://www.yourtherapysource.com/blog1/2020/03/23/gross-motor-skills-and-activities/>

## Mr. Williams Tech Corner

It's that time of the year again. Thanksgiving has just passed and that means we are entering the Christmas Holiday Season! For many this would normally mean traveling or activities centered around both the house and relatives' houses. While technology cannot replace those feelings, it can help so that the Holidays aren't boring! Virtual Field trips may bring some Christmas cheer this year. Ever wonder how Christmas is celebrated around the world? Well, WhyChristmas.com has information on various Christmas traditions worldwide. It also has fun activities! Click this link to see what this site has to offer!

<https://www.whychristmasthis.com/>

Let's also explore what other Holidays are celebrated in December! National Geographic Kids has an excellent site dedicated to information about various Holidays! Click on the link to visit!

<https://kids.nationalgeographic.com/explore/winter-celebrations/>

And as a special bonus (it is the giving time of the year) here is a site where you can take virtual tour of various places around the world. There are some cool VR (Virtual reality) tools and views. You can even do a VR skydiving experience!!! Click on the link to explore. Happy Holidays!

<https://www.360cities.net/>