



# 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 weekly enrichment activities.**

**Fun Fact...**National Meatball Day is celebrated annually on March 9th. This unofficial holiday is the perfect day to celebrate the little orbs of meat that make so many dishes so special. So whether you like meatballs on your spaghetti, love Swedish meatballs or simply flip over meatball subs, this holiday might just be the one that you want to celebrate!. On March 9th let's make meatballs!

**Activity Challenge:** <https://www.youtube.com/watch?v=sPX1YvFiu5A>



## What's Going On?

Hey DPSCD Students! You might be wondering, "What is Daylight Savings Time and why do we have to change the clock?" The purpose of Daylight Saving Time is to make better use of daylight. We change our clocks during summer months to move an hour of daylight from the morning to the evening. Daylight Saving occurs Sunday March 14, 2021. On this day, move your clocks ahead one hour as we "spring forward!"

## Daylight Savings Time Activities



Click the link for tips to adjusting to daylight savings time.

<https://www.autismsociety-nc.org/autism-daylight-savings/>

Click the link for a video explaining Daylight Savings Time.

<https://www.youtube.com/watch?v=wkXqFg6mvrI>

## Ms. Tinnon Adapted PE

### Tightrope Walking

This month, we will continue new ways to engage in sensory break activities while students are still home. Remember, sensory activities are especially important for children who struggle with challenges like sensory processing disorders, such as autism. Scheduling regular movement breaks throughout the day allows the brain to rest and allows children to get the wiggles out!

One sensory activity children can do at home is called "Tightrope Walking." All you will need is masking tape, a vivid imagination and your child's favorite toys. The possibilities are endless! A simple example would be to have the child walk from one end of the room to another with an object/toy in each hand (walking on the tape). Once they get to the end of the tightrope or tape, step on a stool, bend over and drop the objects in a bucket. Simple!



**This Month...** This year St. Patrick's Day will be observed on **Wednesday, March 17**. Although the holiday originally started as a Christian feast day celebrating the life of St. Patrick and the spreading of Christianity to Ireland, today it is a day of celebrating all things Irish. Don't forget to wear green on March 17th to celebrate St. Patrick's Day!

Click the link for St. Patrick's Day activities!

<https://www.craftymorning.com/easy-st-patricks-day-crafts-kids/>



## Mrs. Mekis Music Therapy

**Welcome to March!** I am looking forward to warmer weather! This month I would like to share two different activities.

The first video is a Yoga singalong. This would be a great activity for you to do with your child.

<https://www.youtube.com/watch?v=xV9oGaJJTOE&t=602s>

The next video is an informational video on the importance of music. <https://www.youtube.com/watch?v=xV9oGaJJTOE&t=602s>

I hope you find both resources helpful!



## Mr. Williams Tech Corner

Microsoft Office 365 has many features to assist with accessibility. MS Word alone has some very useful tools to help with education for neuro-diverse students. Let's get a quick overview of three.

1. **"Tell Me."** Tell me what you want me to do is a text field where you can quickly get to features you may want to find and use. You can also use "tell me" to find definitions and Word documents you have created or downloaded.

2. **"Read Aloud."** Located in the review tab, Read Aloud will read the words on a MS Word document. You can also set the speed and pick one of three voice types.

3. **"Reading View."** Reading view allows for less distractions on screen. It is really good when paired up with "Read Aloud." Located under the "View Tab" it comes with some nice customization options such as "focus," "immersive reader," "vertical," and "side to side."

If you or the virtual classroom use MS Word for documents and assignments, you may find these tools helpful for your student. Microsoft has many other accessibility features that are worth exploring and are actively improving their user interface to make the programs more user friendly and accessible. Give it a try!

