



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 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...February 9 is National Pizza Day! Pizza is the world's favorite fast food. We eat pizza everywhere at home, and in restaurants. Three billion pizzas are sold each year in the United States alone, that's an average of 46 slices per person. On February 9th let's enjoy pizza!

Activity Challenge: Follow the link to make your very own pizza!

<https://www.youtube.com/watch?v=YehYi8OyzIo>



What's Going On?

Hey DPSCD Students! You might be wondering, "What is Black History Month?" Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of "Negro History Week," the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has designated the month of February as Black History Month!

Black History Month Activities



Click the following link for Black History Month games and activities!

<https://www.teachervision.com/holidays/black-history-month>

Ms. Tinnon Adapted PE

At Home-Sensory Circuits

The 3 Stages: **Alerting, Organizing, Calming**

All children are different and have different needs in terms of being in a ready state for learning. Sensory circuits aim to prepare the body and focus the mind for learning. Some children are bouncing the minute they wake, and others need a little help in waking up and getting into an activity. Sensory circuits should meet the specific needs of your child, so for those who appear sluggish, spend a little bit longer on the alerting stage and less time on calming. Another option for children who are lively, try focusing on the organizing and calming tasks and less time if any, on the alerting stage.

Select 2 activities from each of the 3 stages listed below, when starting up a new sensory circuit.

The **Alerting Stage** is for waking up the body. These activities can include running, jumping, skipping and bouncing.

The **Organizing Stage** is where multiple skills are combined which makes the brain and body work together. This stage can include activities such as balancing along a line and carrying an object, crawling under a table and putting a letter in the correct place to spell a word, or balancing on one leg and throwing and catching a bean bag.

The **Calming Stage** helps children develop awareness of their bodies in space. These activities include heavy muscle work and deep pressure. Examples could be a wall press, a massage, upside down wall press, or rolling a gym/therapy ball on child while they are in a face down position.

There are many variations of these 3 stages for sensory circuits. Be creative with the equipment you have at home and have fun!



Mrs. Mekis Music Therapy

Happy February! February is a quick month with lots of special events. We have Black History Month, Valentine's Day and winter break. Here are a couple of songs to get you ready for February!

Click the link for a Martin Luther King song/rap that you can clap/play along with. https://www.youtube.com/watch?v=MTPVg6N_aMY

Click the link is a fun Valentine's day song you can move to <https://www.youtube.com/watch?v=6PA3ewtp3ng>



Mr. Williams Tech Corner

Avatars can be a fun way to engage your child (or your self) using creativity and fun. An avatar is defined as an icon or figure representing a particular person in video games, internet forums, etc. Many people already use avatars in their Facebook, Instagram and TikTok profile pictures. Animated avatars can be a fun way to provide creative outlets for our students to express themselves.

VOKI is one of the premiere animated avatar makers and can be used for free with a limited set of characters one could make. VOKI also comes with the ability to give the characters a voice using text to speech technology (you can even give your avatar an accent). Check out VOKI at <https://www.voki.com>

Example of an avatar, "Dante," made with VOKI.

