

Supporting Home Learning for Children with Autistic Spectrum Disorders (ASD and Asperger's Syndrome)

Click on the icon/picture which will link to a website

Provide a structure to the day.

The relevant year group Home Learning Timetable on the school website will really help with this. Please feel free to adapt it to meet the needs of your child.



Present activities visually where possible.

The Home Learning Timetable will help to do this. If you are able to, print it off and display it so that your child can see it and refer to it.

Depending on your child's age, prepare them for a change in routine by showing them a relevant picture or object. For example, hold up a plate to show that it is lunch time. Change the timetable by putting a picture of the new activity over the top of the old one.

Build in regular opportunities for movement and sensory breaks.

Movement and sensory activities can really help children with ASD and Asperger's Syndrome to regulate their emotions and refocus their attention. For example, you might want to build in a sensory break after each activity on the timetable. (Don't forget to add a word, picture or symbol on the timetable to show the sensory or movement breaks.)

The following links provide lots of ideas for sensory activities:



Practice life skills such as cooking, baking and gardening.

These activities provide lots of opportunities for practising basic skills such as weighing and measuring, following instructions and reading scales.

For children who are struggling to understand why school is shut.

Please see the social story on our website. It would be helpful to read this with your child every day until their anxiety reduces.



The following links might also be useful.

National Autistic Society – guidance and helpline for parents', young people and staff:
Coronavirus advice



Information for those with sensory difficulties who struggle with handwashing



Sensory and messy play activities for children with additional needs

