



Top Ten Tips for Schools

1. **Have** a clear structure of the day - including which adults and children/young people will be in each room (visuals are a great way to reduce anxiety)
2. **Use** the 'Task and Reward' system – adult directed demand followed by own choice
3. **Limit** the amount of adult directed activity – unless the child/young person needs/wants strict routine (build on natural strengths and abilities and use special interests to engage the child/young person)
4. **Monitor** the use of technology to ensure news feeds and adverts around Covid-19 are not being accessed
5. **Schedule** in plenty of sensory regulation – these can be disguised as: running errands, helping office staff, handing out resources etc
6. **Encourage** down time with minimal social demand
7. **Prepare** activities that may seem more appropriate for younger children as children/young people with ASD may find these calming and reassuring – listen to a story, watch cartoons, playing with Lego
8. **Schedule** in activities to support mental health and wellbeing – Mindfulness, GoNoodle, Cosmic Kids, Yoga, Gardening etc
9. **Encourage** children/young people to consume fluids throughout the day
10. **Check** for signs of illness – keep in regular communication with parents/carers (some children/young people with ASD do not know when they are unwell, and many are unable to communicate if they feel unwell)