

Resources for Families Who Have Children with Special Needs

Category	Grade	Website/Contact Information	Notes
Daily Schedule	All	Covid-19 Daily Schedule	Resource for planning a schedule with children at home.
Social Stories	All	Coronavirus Disease 2019 Social Story Don't Share Your Germs! A Social Story About Staying Healthy Wash Your Hands! My Story About Pandemics and the Coronavirus - Carol Gray	Used to help students understand COVID - 19 and how to stay healthy.
	All	Community Autism Resources	Social Stories, Visuals, Educational Resources, Virtual Tours
	All	Easter Seals Toolkit	Schedules, Token boards and Resources
Social / Emotional Supports	All	25 Fun Mindfulness Activities	A podcast sharing practical takeaways on the research of happiness, geared towards

		<p>happiness lab</p> <p>Zones of Regulation Visuals THE ZONES OF REGULATION: A CONCEPT TO FOSTER SELF-REGULATION & EMOTIONAL CONTROL</p> <p>Zones of Regulation Resources for Families</p> <p>youtube video on SEL lessons</p> <p>Best Possible Self</p> <p>Breath Counting Mindfulness Practice for Tweens and Teens</p>	<p>teens and adults (This may be helpful for parents/guardians)</p> <p>Many of your students are familiar with the Zones of Regulation. It may be helpful for your students to work on their “zones at home” during this time. This link to a Google folder has a glossary of terms, worksheets, check-ins, and a menu of tools that your student may already know how to use.</p> <p>Lessons from SEL: a brief video each morning that teaches a specific SEL skill. Here is the link to the channel.</p> <p>Students answering questions for reflection on self-awareness</p> <p>Students focus on breathing patterns to manage anxiety and stress.</p>
Movement / Sensory	Pre-K-5	GoNoodle: Home	Great for movement and mindfulness videos.
	PreK- 2	Sensory Tables	Fill a plastic bin with rice and beans or with water, sand, and anything else you can think of.

	PreK - 2	Shaving Cream	Spread the shaving cream on the walls of the shower. Practice making letters and numbers.
Enrichment Activities	All	Massachusetts Council for Exceptional Children	Open access resources that are accessible and inclusive.
	Prek-2	ABC Mouse	Individual learning activities
	3 - 12	Brainpop	Learning videos
	All	National Park Tours	
		Virtual Museum Trips	
		Duolingo	Learn a foreign language at your own pace

APPS	All	DayCape	An app that allows therapists, teachers, parents, and even the child themselves to set up visual schedules.
	K-5	Sight Word Learning and Games	
	6 - 12	Task Analysis	TaskAnalysis is a customizable app that helps support individuals with intellectual disabilities independently and efficiently complete tasks.
Life Skills	6 - 12	20 Life Skills Money Skills Financial Literacy College and Career Readiness	<p>Life Skills for students to master while at home.</p> <p>Money skills course for budgeting, saving, 27 modules in English and Spanish</p> <p>Lessons in college and career readiness, health and wellness, SEL</p>