

Sue Larkey ✓
TOP TIPS

Key Tips for Schools

- 8 Key Strategies for Setting Up for Success
- Schedules and Timers
- 10 Essential Strategies for Inclusion
- Creating Successful Playgrounds
- Summary Profile of Student



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 **Sue Larkey**
LEARNING MEDIA





8 Key Strategies for Setting Up for Success

If you have a student on the autism spectrum no matter what age there are a few KEY strategies that will make a huge difference and set both you and the student up for success.

S.P.E.C.T.R.U.M

Schedules

Have a visual timetable up in the classroom. If there is going to be a change, let the student know in advance and indicate on the timetable/schedule.

Processing Time

Allow them time to process information (both verbal and visual) before you repeat instructions, questions or take away visual information.

SEt up for Success

Most students on the spectrum have a huge fear of failure and this can be seen as “perfectionism”, “constant rubbing out/crossing out work” or “doing NO work”. Discuss the importance of making mistakes. Talking about mistakes = learning, and encouraging ALL students to have a go, will help reduce anxiety. Role model making mistakes on the board, show students work that isn’t “perfect”, not the neatest, has crossed out work and incorrect answers will reinforce you are happy with mistakes.

Communication

Limit instructions, use monotone voice, name at start of sentence, remember they are literal. Instead of saying “Can you sit down”, say “Jack sit on the green chair”. Instead of “Do you want to join the class”, say “Jack come and sit next to me”, etc. If you raise your voice this can cause a sensory meltdown and most students on the spectrum can’t process high frequency sounds.

Timeframes

Schedules and timers tell the child HOW LONG and WHEN they are going to have to do an activity. Timers allow us to pre-warn the child. They help answer many of the questions these children have: What is happening? What order? What time? What is next? How Long?

Repeat Activities

Most people with ASD love repetition, whether it is a DVD, movement, conversation or activity. Giving students repetitive routines and activities helps reduce stress as they know what to expect. Repeating activities allows success, builds independence and increases confidence.

Understanding

Most students on the spectrum are VISUAL learners. Sometimes they can repeat exactly what you said but do not understand. The more visuals you use, the higher the understanding.

Motivate/Reward

Use their “favourite” activities to motivate them. It is best to use lots of short rewards rather than waiting a whole day. I have found the most effective is a quick activity, then quick reward. For example: 30 minutes work, 5 minutes building rather than work all day = 20 minutes building.

RECOMMENDED RESOURCES

The Ultimate Guide to School and Home

By Sue Larkey and Anna Tullemans



The Essential Guide to Secondary School

By Sue Larkey and Anna Tullemans



Making it a Success

By Sue Larkey





12 Top Tips for Using Schedules and Timers

Schedules are a vital tool for children with autism spectrum disorder (ASD). Many children have difficulties accepting change and transition from one thing to another – a schedule helps them see and understand what is going to happen next. Schedules also help people to organise themselves and to plan ahead.

Timers tell the child HOW LONG and WHEN they are going to have to do an activity. Timers allow us to pre-warn the child. They help answer many of the questions these children have: What is happening? What order? What time? What is next? How long?

1. Break tasks down into small achievable tasks, with realistic timeframes. Use digital timer on Portable Schedule to count UP or DOWN. For example: Time for school = clean teeth, toilet, bag, hat.
2. Help move from one activity to the next. For example: Mat Time, Reading, Recess.
3. Finish. Letting a child know how long to go and what is next.
4. Independence. Allow students to self monitor and move from one task to another without prompts.
5. Toilet Timing! Put the visuals for toilet on the Portable Schedule: Toilet, Flush, Wash Hands, Dry Hands and re-set for one hour or more!

At Home

6. Set 10 minutes to get dressed – attach relevant clothing visuals to Schedule.
7. Morning Routine – Breakfast, TV, Get Dressed.
8. 5 minutes doing Lego and then Mum will be ready.

At School

9. 10 minutes work, 5 minute break, 10 minutes work etc.
10. How long will it take to write x sentences or how many words can you write in x time. You can use this idea for reading, maths, worksheets etc.
11. Set up for Recess/Lunch with a schedule of activities.
12. 20 Minutes for Assembly put visuals on strip for song, awards etc.

Secondary: Portable Schedules are perfect for secondary students as they are like a bookmark, they are nice and discreet for students to keep track of time of class, to complete tasks, prepare for class bells to ring etc.

RECOMMENDED RESOURCES

Time Timers
20cm Timer
7.6cm Timer
Time Timer
PLUS



Portable Schedule
with Digital Timer
Links visual schedules
with a time frame.



Pics for PECS
CD contains over
2,000 icons.



10 Essential Strategies for Inclusion

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TOP TIPS



1. Use their special interest to motivate them.
2. Provide clubs to join at lunchtime. The playground is too stressful for most students with autism spectrum disorder (ASD). They need structure as found in clubs (chess, guitar etc) without too much socialisation.
3. Open the library for them at lunchtime to retreat to for time away from other students.
4. Have structures in place to reduce stress levels so the students can cope with the afternoon socialisation in class.
5. As a teacher do not take behaviours personally.
6. Set up school boundaries.
7. Have clear rules and expectations.
8. Have safety nets in place for the teacher, student and peers.
9. Develop a good rapport with the student.
10. Be clear of what is required of the student. Remember they are very literal.

RECOMMENDED RESOURCES

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By Sue Larkey and Anna Tullemans



The Essential Guide to Secondary School

By Sue Larkey and Anna Tullemans



Teacher Assistants Big Red Book of Ideas

By Sue Larkey and Anna Tullemans



For more tip sheets, to sign up for a free newsletter or request a free catalogue, visit: www.suelarkey.com



Creating Successful Playgrounds

Playgrounds are unstructured, unpredictable places where children with autism spectrum disorder (ASD) struggle to follow and join in the numerous social interactions surrounding them. Children with ASD frequently return to class from the playground in a high state of anxiety. In addition, their self-esteem frequently takes a battering. Up to 70% of children experience bullying.

1. Observe and then teach current playground language to children with ASD. Remember to revisit this every term as games and language changes rapidly in playgrounds.
2. Ensure that children with ASD and their parents are aware of the current playground games and activities. Allocate a staff member to teach the rules to the child with ASD so that he/she only has to concentrate on the social aspects of the game as he/she already knows the rules.
3. Offer supervised activities on the playground; e.g. ball games with a few children, 'What's the Time Mr Wolf?'
4. Give child with ASD a map of in-bounds and out-of-bounds areas. The child could then colour the appropriate areas green and red. If play equipment has set days make sure you write the days on the map.
5. Have games equipment available for loan at break times – the child with ASD can assist in giving this out.
6. Have a basket of books available on the playground for children to read while outside.
7. Create a quiet area (no games, no play, just an escape).
8. Use a portable schedule to create a routine of what activities they will do in the playground and for how long.
9. Create a Playtime Plan. The plan provides children with ASD the structure that they need to organise themselves before going out onto the playground. This can be adapted for weekends and holidays too!
10. Support social skills with Social Stories/Scripts, e.g. 'Can I Play Please', 'What to do if children say NO'. (Great range available in How to Stop Your Words from Bumping, and Developing Social Skills)
11. Provide the children with key rings of laminated visuals of activities they can do during recess and lunch-times. Having the visuals (climbing equipment, sand-pit, library, computer lab etc) will remind the children of their options.

RECOMMENDED RESOURCES

Developing Social Skills

By Sue Larkey and
Gay von Ess



How To Stop Your Words From Bumping Into Someone Else's

By Rhonda Dixon
and Anna Tullemans



Why Do I Have To?

By Laurie
Leventhal-Belfer





Summary Profile of Student

An important part of setting students up for success is sharing information and strategies. Many students have HUGE files of information, so we highly recommend you do a one page summary as a quick reference for all staff. Getting parents and current staff to fill in this quick reference together can be extremely helpful as often you see different behaviours and strategies that work. Understanding triggers for meltdowns is very important. By being aware of what causes behaviour you can create a more ASD friendly environment. Remember each student has very different needs.

Student Name: _____

Strengths:

a) _____

b) _____

Challenges:

a) _____

b) _____

Things that may trigger a meltdown:

a) _____

b) _____

Behaviours exhibited before meltdown:

a) _____

b) _____

Best way to approach student when meltdown occurs:

a) _____

b) _____

Important Sensory Notes (e.g. highly sensitive to light touch, noise etc):

a) _____

b) _____

Students the child works well with in group or partner activities:

a) _____

b) _____



RECOMMENDED RESOURCES

The Ultimate Guide to School and Home

By Sue Larkey and Anna Tullemans



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Top 10 Books to Help Make a Difference

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TOP TIPS



There are so many resources now available to help teach children on the autism spectrum and it can be difficult to know which ones will be the most helpful – and this is a question I am most often asked. So here is my TOP 10 RECOMMENDED BOOKS and WHY!

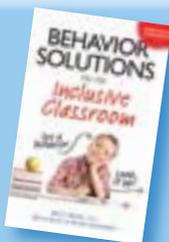
For those of you looking for support in understanding autism spectrum and the children you work with, as well as strategies for behaviour support, the top two books I recommend are:



From Anxiety to Meltdown By Deborah Lipsky

Anxiety is the root cause of many of the difficulties experienced by people on the autism spectrum, and is often caused by things such as a change in routine, or sensory overload. Deborah Lipsky takes a practical look at what happens when things spiral out of control, exploring what leads to meltdowns and tantrums, and what can be done to help.

This is the BEST book I have ever read and I rate it a MUST HAVE.



Behavior Solutions for the Inclusive Classroom By Aune, Burt & Gennaro

This book is a must-have for every special needs and inclusive classroom. The easy to use format allows teachers to quickly look up an in-the-moment solution and learn about what the child is communicating, and why. This book illuminates possible causes of those mysterious behaviours, and more importantly, provides solutions!

I call this SEE A BEHAVIOUR, LOOK IT UP. This is a great reference book to have on hand. ALL behaviours are replaced by another and this book gives you great ideas for replacements and skills to develop.

TOP BOOKS TO SUPPORT LEARNING

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By Sue Larkey & Anna Tullemans



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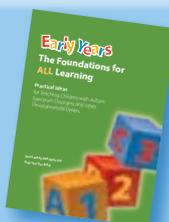
Making it a Success

By Sue Larkey



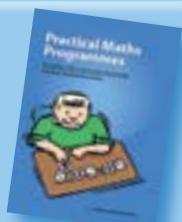
The Early Years

By Sue Larkey & Gay von Ess



Practical Maths Programmes

By Sue Larkey & Jo Adkins



TOP BOOK FOR SOCIAL SKILLS

Developing Social Skills

By Sue Larkey & Gay von Ess



TOP BOOKS FOR HELPING CHILDREN

The Red Beast

By K I Al-Ghani



The Kids' Guide to Staying Awesome and In Control

By Lauren Brukner



Find out more about these resources, download free tip sheets, request a catalogue, and order teaching resources – all online at www.suelarkey.com

Education Events PTY Limited | PO Box 20 | Artarmon | NSW 1570 | Tel 0433 660 379 | Fax 1300 656 408
Email suelarkey@optusnet.com.au

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- Request a catalogue and download an order form
- View the range of upcoming workshops and speakers
- Register for workshops online or download registration forms
- Shop online and browse our full range of great products
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Australia:

Education Events PTY Limited
PO Box 20, Artarmon, NSW 1570
Phone: 0433 660 379 Fax: 1300 656 408
Email: dearne@suelarkey.com
www.suelarkey.com

New Zealand:

Education Events Limited
167a Avenue Rd, Greenmeadows,
Napier 4112
Phone: 06 845 2605 Fax: 06 845 2607
Email: jo@suelarkey.co.nz
www.suelarkey.co.nz



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