

Useful Teaching and Activity Resources

Why has Autism Accreditation created this booklet?



Our Autism Accreditation member services across the globe are responding to the outbreak of the Coronavirus and national Governments take further measures to stop the spread of COVID-19.

We've created a booklet with information about where to find useful resources for providing educational activities for individuals of all ages and abilities. Whether you're a teacher, support worker, parent or carer we've put together a simple booklet for you to use. This guide is not designed to override or replace any official guidance but is intended to advise on using different resources during this period.



We've collected information from many sources to help individuals to continue to develop skills and to enjoy themselves during this difficult time.

While we normally encourage people to be active within their local community and love to see people accessing the great outdoors, we've pulled together some amazing ideas for indoor activities.



Let's keep everyone learning new skills and having fun.

The value of structure and routine

We know that for many autistic people unexpected changes and unpredictability can be anxiety-provoking. Clear structures and routines can help people to make sense of an otherwise confusing world.



When planning activities, or sourcing resources, it's always useful to consider how the activity can be structured and how the resources might help to achieve this.

There are many approaches, therapies, and interventions for improving the lives of autistic people. No two people are the same, so choosing the right ones can be a challenge.



SPELL is The National Autistic Society's framework for understanding and responding to the needs of children and adults on the autism spectrum. It focuses on five principles that have been identified as vital elements of best practice in autism and emphasises ways to change the environment and our approaches to meet the specific needs of each person.

The SPELL framework recognises individual needs and emphasises that planning and intervention be organised on this basis. The SPELL framework can be applied across the autism spectrum. It provides a context for, and is complementary to, other approaches.



What is the SPELL framework?

SPELL stands for Structure, Positive approaches, and expectations, Empathy, Low arousal, Links.



Structure makes the world a more predictable, accessible and safer place.

Positive (approaches and expectations) - We must seek to establish and reinforce self-confidence and self-esteem by building on natural strengths, interests, and abilities.

Empathy - We must try to see the world from the standpoint of the autistic child or adult, knowing what it is that motivates or interests them but importantly what may also frighten, preoccupy or otherwise distress them.



Low arousal - Approaches and the environment need to be calm and ordered in such a way to reduce anxiety and aid concentration.

Links - Autistic people, their parents or advocates should be seen as partners. Recognise the benefits of sharing information and working alongside the individual, their families and other professionals.



A timetable of activities

Everyone is different. It's impossible to devise a single timetable of activities that will be suitable for everyone to follow. However, we do suggest that it's useful to maintain well-structured routines. A timetable providing a variety of sessions/activities broken down into manageable timeslots is vital. Don't try to fit in too many activities and, conversely, don't have sessions that last for too long and become boring and tedious.



It might be useful to have a mix of academic sessions and life-skills development activities.



It's also important to remember to balance daily activities to ensure a mix of active and passive learning and to build in opportunities for fun and relaxation.

Regular breaks and opportunities for more prolonged physical exercise are also important considerations.

Finally, don't forget to consider the importance of maintaining social contact. There are a number of ways to do this including the use of Skype and Facetime. Websites such as <https://zoom.us/> and <https://houseparty.com/> may also help.





Multi-Purpose/Subject Website Resources

<https://www.twinkl.co.uk/resources/covid19-school-closures>

<https://www.bbc.co.uk/bitesize>

<https://www.scouts.org.uk/the-great-indoors/>

<https://www.education.com/>

<https://ed.ted.com/>

<https://thekidsshouldseethis.com>

<https://idea.org.uk>

<https://www.pawprintbadges.co.uk>

<https://www.bbc.co.uk/cbeebies/radio>

<https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>

<https://toytheater.com/>

<https://www.familydaystriedandtested.com/free-virtual-tours-of-world-museums-educational-sites-galleries-for-children/>

<http://www.communication4all.co.uk/>



Multi-Purpose/Subject Website Resources

<https://www.topmarks.co.uk/>

<http://www.primaryresources.co.uk/>

<https://www.teachingideas.co.uk/>

<https://www.theteacherscorner.net/>

<https://www.kidzone.ws/>

<https://www.sparklebox.co.uk/>

<https://www.bigactivities.com/>

<http://www.ichild.co.uk/>

<http://www.canteach.ca/elementary/>

<http://www.primaryhomeworkhelp.co.uk/>



Maths/Numeracy

<http://www.mathsphere.co.uk/resources/>

<https://www.prodigygame.com>

<https://nrich.maths.org/>

<http://www.snappymaths.com/>

<https://www.mathsisfun.com/worksheets/>

<https://www.tes.com/teaching-resource/maths-free-resource-library-6439409>

www.topmarks.co.uk

www.oxfordowl.co.uk

<https://www.bbc.co.uk/cbeebies/topics/numeracy:>

<https://www.parentclub.scot/topics/play-learn>

<https://www.nationalnumeracy.org.uk/>

<https://www.sesamestreet.org/home>

<http://www.helpmykidlearn.ie/>

<https://www.youtube.com/watch?v=RRYY--GgDrA>

<https://boddlelearning.com/>

<https://dragonbox.com/>



English/Literacy

<http://www.letters-and-sounds.com/>

<https://www.britishcouncil.org/school-resources/find>

<https://www.oxfordowl.co.uk/for-home/>

<http://www.pobble365.com/>

<https://www.vooks.com/>

<https://www.researchify.co.uk/audiobooks.html>

<https://www.oxfordowl.co.uk/#>

https://www.youtube.com/results?search_query=The+magic+key

<https://readingeggs.co.uk/articles/2019/09/16/literacy-games-for-kids/>

<https://www.teachyourmonstertoread.com/>

<https://www.starfall.com/h/ltr-classic/>

<https://www.getepic.com/>

https://www.youtube.com/channel/UC7sW4j8p7k9D_qRRMUsGqyw

<https://www.bbc.co.uk/cbeebies/shows/alphablocks>

<https://2simple.com/blog/using-purple-mash-when-school-closed/>



English/Literacy

<https://www.readingrockets.org/literacyapps>

<https://www.jojognome.com/>

<https://vimeo.com/106231366>

<http://www.funenglishgames.com/writinggames.html>

<https://www.audible.co.uk/>



Science

<https://mysteryscience.com>

<https://www.crestawards.org>

<https://naturedetectives.woodlandtrust.org.uk/naturedetectives/>

<http://www.sciencekids.co.nz/>

<https://sciencebob.com/>

<https://www.stem.org.uk/>

www.Wowscience.co.uk

<https://www.bbc.co.uk/cbeebies/curations/science-activities>

<https://theimaginationtree.com/>

www.jamesdysonfoundation.co.uk

www.britishscienceweek.org



History and Geography

<http://horrible-histories.co.uk/>

<https://www.natgeokids.com/uk/>

<https://world-geography-games.com/world.html>

https://www.ichistory.com/uploads/1/0/2/9/10290322/101_history_teaching_ideas_part_1.pdf



Computing

<https://www.barefootcomputing.org/>

<https://blockly.games/>

<https://www.interactionthroughminecraft.com/>

<https://scratch.mit.edu/explore/projects/games>

<http://ictgames.com/>

<https://www.vivifystem.com/blog/2020/3/12/top-stem-resources-for-school-closings>



Modern Foreign Languages

<https://www.duolingo.com/>

<https://www.languagenut.com/en-gb/>

<https://www.tes.com/teaching-resource/mfl-ideas-6292763>



Music

<https://www.youtube.com/user/SingingHandsUK>

https://dancingmasters.com/?attachment_id=33

<https://www.youtube.com/watch?v=F2XVfTzel8E>

<https://www.youtube.com/watch?v=gE7zCfxJ7bE>

<https://www.youtube.com/watch?v=XqZsoesa55w>

<https://www.youtube.com/watch?v=rD6FRDd9Hew->

<https://www.youtube.com/watch?v=71hqRT9U0wg->

<https://www.youtube.com/watch?v=36n93jvjkDs->

<https://www.youtube.com/watch?v=DobrRgD5aOU>

<https://www.youtube.com/watch?v=IEey4LZLeGw->

<https://www.youtube.com/watch?v=qsonHTjcnj4>

<https://www.youtube.com/watch?v=FGIGOKJx7f4>

https://www.youtube.com/watch?v=hldp_Nj0tgk



Art, Design and Craft

<https://www.tinkercad.com>

<https://www.facebook.com/artfulparent/>

<https://www.redtedart.com>

<https://theimaginationtree.com>

www.youtube.com/watch?v=ueyf2yrk364

<https://mk0freehomescho2g81n.kinstacdn.com/wp-content/uploads/2016/01/Lego30daychallenge.pdf>

<https://yodomo.co/>



Physical Education, Active Play and Drama

<https://www.peresourcesbank.co.uk/>

<https://www.thepeshed.com/>

<https://www.thebodycoach.com/blog/pe-with-joe-1254.html>

<https://www.youtube.com/user/thebodycoach1>

<https://www.youtube.com/channel/UC7qLfNZxn-sT3G14Kb6Z5og>

<https://www.tes.com/teaching-resource/drama-activities-for-lessons-clubs-and-workshops-6314539>

<https://dramaresource.com/>

<https://www.dramatoolkit.co.uk/>

<https://creativestarlelearning.co.uk/>

<https://themuddypuddleteacher.co.uk/>

<https://www.ltl.org.uk/>

<https://education.gov.scot/Documents/cfe-through-outdoor-learning.pdf>

<https://www.playscotland.org/>



Health, Well-Being and Cooking

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

<https://www.thinkuknow.co.uk>

<https://www.bbcgoodfood.com/>

<https://www.sitters.co.uk/blog/15-fun-cooking-activities-for-kids.aspx>

<https://www.foodafactoflife.org.uk/news/supporting-primary-and-secondary-pupils-studying-at-home/>

<https://www.foodstandards.gov.scot/consumers/healthy-eating/nutrition/healthy-eating-tutorial>

<https://www.foodstandards.gov.scot/consumers/healthy-eating/eatwell>

<http://www.healthscotland.com/documents/20735.aspx>

<https://www.actionforchildren.org.uk/support-for-parents/things-to-do-with-your-child/>

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.nhs.uk/change4life/about-change4life>

<https://www.nhsggc.org.uk/kids/resources/>

<https://tinkergarten.com/activities>

<https://www.thewiggles.com.au/play/>



Health, Well-Being and Cooking

<https://www.youtube.com/watch?v=Ku-ForS6G3I>

<https://www.scottishbooktrust.com/bookbug>



Sensory Activities

<https://handsonaswegrow.com/kids-activities/learning-activities/sensory/page/2/>

<https://handsonaswegrow.com/week-sensory-activities>

<https://littlebinsforlittlehands.com/sensory-play-recipes/>

<https://littlebinsforlittlehands.com/sensory-play-recipes/>

<https://www.youtube.com/user/richardh53>

<https://theimaginationtree.com/category/create/>

<https://www.twinkl.co.uk/resources/specialeducationalneeds-sen-sensory-and-physical-needs/sen-sensory/sen-sensory-stories>

<https://www.theottoolbox.com/outdoor-sensory-diet-activities/>

<https://www.thechaosandtheclutter.com/archives/huge-list-outdoor-sensory-fun>

<http://www.autismsupportnetwork.com/news/12-fun-sensory-activities-autistic-children-478833>