

AUTISM NEWSLETTER

FREE WEBINARS

Independent Work Systems; Preventing Challenging Behavior; Taming the Data Monster

<https://autismclassroomresources.com/free-special-education-webinars/>

Learn Essential Social Thinking Concepts for Free

- ~ Exploring Our Children's Stress
- ~Demystifying Executive Functions
- ~ Social Anxiety
- ~Thought and Feelings
- ~ Expected and Unexpected Behaviors
- ~ And many more.

STAR Home Support Webinars

ISLANDS OF COMPETENCE

Dr. Robert Brooks



Information taken from "Where is My Island of Competence?" by Megg Thompson

Dr. Robert Brooks, in his article, *The Search for Islands of Competence: A Metaphor of Hope and Strength*, supports finding something a child is great at as a way of changing their negative self-concept. Dr. Brooks goes on to say, "Many of these children and adults seem to be drowning in an ocean of self-perceived inadequacy. If there is an ocean of inadequacy, then there must be islands of competence – areas that have been or have the potential to be sources of pride and accomplishment. We must help children and adults to identify and reinforce these islands so that at some point they become more dominant than the ocean of inadequacy."

Three Ways To Stay on the Island

1. **Use a Sharpie!!** A Sharpie proves you mean business. Make a comprehensive list of your student's talents. Be sure to think about how you are going to use these strengths as ways to grow self-esteem. How are you going to celebrate? Build serious self-acceptance grit by using talents, strengths, and island pieces!
2. **Remember that time is necessary.** It is quite difficult to become strength-based when you are so incredibly used to the traditional negative way of thinking. When time is given to finding a child's island of competence and giving a child time to get used to the idea that they have amazing strengths, children become filled with increased satisfaction, joy, and accomplishment.
3. **Who is inhabiting the island with you?** When I am helping children with big emotions, I introduce myself as a calm helper. They know that I will stay calm, not meet their intensity, no matter how big their emotions get. If we go hand in hand we can go looking for the island together. It is better and safer to travel in pairs!

THE ZONES OF REGULATION™

Book Nook

“Hi Zones Community! One of our most common questions is children’s book recommendations to introduce/reinforce concepts from *The Zones of Regulation* (Kuypers, 2011). Here is a list of books recommended by both our staff and our many friends on social media. Disclaimer: We have not read each and every book on this list, so please read for yourself before reading with your students. Some books have a Zones color next to them if they work well with a specific Zone. Most work with a wide range of Zones and concepts from the curriculum. (Most recent update: 3/18/21)” Leah Kuypers

<https://docs.google.com/document/d/1QjS5zvGC98GKZUldSTR3C4VjuShwx6akroKQL3FxGe8/>



Free Digital Resources

[Read Aloud Books & Thinksheets](#)
[Video Lessons to Teach Social Thinking at Home & School](#)

[Articles to Build Stronger Social Awareness](#)

[Webinars to Teach Our Core Concepts](#)

Upcoming Trainings/Summer Opportunities

June 25 -27, 2021 - Social Thinking Annual Global Providers' Online Conference

August 3 - Sept 2, 2021 - Virtual Region 10 Trainings "Let's Rally! Accountability and Behavior through Collaboration" Many different sessions i.e. Self and Match, High Leverage Practices, Navigating Behavior, and more.
https://whova.com/portal/registration/cclid_202110

August 5 - 6 , 2021 - Virtual Summer Symposium - Structuring the Unstructured"

August 10 - 12, 2021 - Virtual STAR Training

August 16 - 20, 2021 - GCED Professional Development Opportunities

August 23 - 25, 2021 - CPI Training

August 26, 2021 - GCED All County Professional Development Day