

# AUTISM NEWSLETTER



THE INSPIRED TREEHOUSE

www.theinspiredtreehouse.com

MANY SENSORY RESOURCES - FREE PRINTABLE HANDOUTS AND ACTIVITY SUGGESTIONS.



THE ZONES OF REGULATION: "TOOLS TO TRY" CARDS FOR KIDS. | REGULATION STRATEGIES TO FOCUS, CALM, THINK, MOVE, BREATHE, AND CONNECT. AUTHORS LEAH KUYPERS AND ELIZABETH SAUTTER

## SUPPORTING CHILDREN AND TEENS DURING THIS HOLIDAY SEASON

The National Child Traumatic Stress Network

"The holiday season is upon us. Families are dealing with stress from multiple sources, including COVID-19, and may not be able to celebrate the holidays as usual. Although parents/caregivers may feel the need to do more to "make up" for such a difficult year, remember, more is not always better. Decide as a family how you will make each holiday special this year.

Given these changes, adults and children may experience waves of sadness, disappointment, loneliness, grief, and anger. It is important to not feel alone with these feelings, to have your feelings supported and validated by others, and to know that in the midst of these difficult times, you can create moments of joy, hope, and connection. While some traditions may have to shift due to these challenging times, this is also an opportunity to create new family traditions together." Strategies and ideas for this holiday season can be found on the following link.

<https://www.nctsn.org/resources/supporting-children-and-teens-during-this-holiday-season>

## Carmen's Corner

A series of educational videos designed for young audiences kindergarten through third grade. It features characters from PACER's Kids Against Bullying puppet program, highlights key concepts of bullying prevention, and promotes social-emotional learning. Educator guide and student worksheets accompany each video. The three series available are on Kindness, Feelings, and Acceptance.

<https://www.pacer.org/bullying/video/carmens-corner/>

# SELF CARE STARTS HERE: how to use the REST acronym

Taken from [bouncebackparenting.com](http://bouncebackparenting.com)

**REST:** This acronym starts with the most important item: resting. Get sleep. Take a nap if you need to. If you can't sleep now, be gentle with yourself and make a sleep a priority ASAP.

- **Rehydrate** – get a drink of water. If you don't like plain water add a slice of lemon or berries, drink herbal tea or fizzy water.
- **Eat Something** – Have you had something to eat in the past 4 hours? Grab a snack that will help balance your blood sugar – think protein plus fiber.
- **Step Outside** – Emotion follows motion. Are you in a funk? Try going on a quick walk, or at least step outside and look at the sky. Rest your eyes on the horizon.
- **Talk to Someone** – We are not meant to do this all alone. Reach out to a friend or to a supportive group online.



**A free Social Emotional Learning curriculum for all K-12 students!**



*Developed by staff at the St. Croix River Education District to provide our member districts (and others) with a high-quality teaching resource.*

***Be Good People curriculum.** Within this resource you have the option to view the skills organized either by competency area (ideal for browsing) or alphabetically (if you know just what you're looking for). Scroll down further find helpful extension activities, as well as tools to support instructional planning (i.e., the unique scope and sequence of your intervention).*

[HTTPS://SITES.GOOGLE.COM/SCRED.K12.MN.US/SCREDSSEL/EDUCATORS/BE-GOOD-PEOPLE-CURRICULUM?AUTHUSER=0](https://sites.google.com/scred.k12.mn.us/scredsel/educators/be-good-people-curriculum?authuser=0)



**PADLET** is a digital canvas to create beautiful projects that are easy to share and collaborate on.

Padlet is different from other blogging tools and inspiration boards because it's flexible. Create a grocery list, a Venn diagram, a discussion board, a group greeting card, a portfolio, or a business plan, all in one app. Used by teachers, students, professionals, and individuals of all ages, all around the world, padlets can be selectively shared and edited among multiple contributors.