

AUTISM NEWSLETTER

Daily Social Emotional Lessons



“Often when you think you’re at the end of something, you’re at the beginning of something else.”

Fred Rogers

Don't make yourself the "Close contact" person

“Social and Emotional Learning (SEL) is the process through which children and adults learn and apply, acquire and effectively use the skills needed to understand and manage emotions, establish and maintain positive relationships, and set and achieve goals. Collaborative Learning Solutions (CLS) is committed to helping districts braid SEL into their school climate initiatives.”

The lessons are creat-

ed almost daily and archived lessons can be easily accessed. There are two levels - one for elementary and another for secondary. Often a short (two - three minute) video is included along with suggestions of how to implement the theme. Following is an example from August 28, 2020.

“Today's focus: Shape Breathing Instructions: Elementary: Watch the

video. Find a quiet place in your house and practice along with this video. Notice how you feel now. Is your heart beating slower? What other shapes can you use? Imagine following the lines and breathing in and then out (Triangle, Circle, Rectangle). Try concentrating on a ... “

www.clsteam.net

The above information was taken from the Collaborative Learning Solutions website

AMAZING OPPORTUNITY

MN educators are able to receive continued access to Star Online Learning System (SOLS) for the 20-21 school year for FREE!! Please go to www.starautismsupport.com/MN-SOLS-Access and complete that form [once again if you had previously done so in the spring] to indicate you want to renew your Media Center subscription with complete access to the STAR Online Learning System. This time around, the form is requesting your Region (10) so we can provide some demographic information to the state since this opportunity is provided through a grant awarded to Metro ECSU.

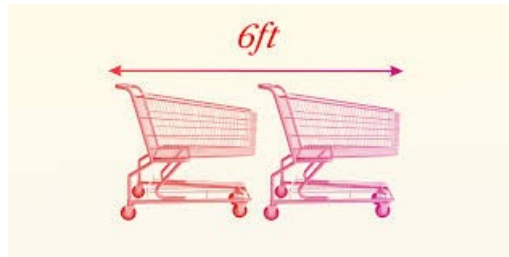
If you have time to jump on the statewide webinar 9am-3pm this Thursday, September 3rd, here's the link:
<https://starautismsupport.zoom.us/j/95839463265?pwd=MEhMdEcwTng0S1ZreER3bzYwTDRnQT09>

Meeting ID: 958 3946 3265
Passcode: 076722



RESOURCES:

MASKING-SOCIAL DISTANCING-HAND WASHING



Autism Little Learners - autismlittlelearners.com
<https://www.covid19.autism-society.org/>
<https://autismeducators.com/browse-worktasks/free>
<https://www.andnextcomesl.com/p/resources.html>
<https://www.centervention.com/social-emotional-learning-activities/>
<https://www.sesamestreet.org/caring>
<https://ausm.org/resources/covid-19-resources/>
<https://www.starautismsupport.com/MN-SOLS-Access>

Statewide Mailing Lists: Information & Guidelines

MN Low Incidence Projects is funded by a grant from MDE. The funding source is federal award Special Education – Program to States, CFDA 84.027A. This initiative does not necessarily represent the policies or assume endorsements of the U.S. Department of Education or the MN Department of Education (Rev. August 2020) The MN Low Incidence Projects, a program that receives funding from the Minnesota Department of Education, maintains a number of statewide mailing lists (formerly known as list serves) that are online forums dedicated to collaboration and best practices for students receiving special education services in Minnesota. To review basic guidelines or to subscribe to any of these statewide mailing lists, click on the links below.

[:mail.google.com/mail/u/0/#search/statewide+mailing+list%3A/FMfcgxwJXVRGQmhJqSFMBqjpgzKjFJNq?projector=1&messagePartId=0.1](mailto:mail.google.com/mail/u/0/#search/statewide+mailing+list%3A/FMfcgxwJXVRGQmhJqSFMBqjpgzKjFJNq?projector=1&messagePartId=0.1)