

As a result of the COVID-19 pandemic, we recognize that person served may be faced with unexpected changes in their routine (e.g., closure of recreational centers and programs), potential staffing changing, confusion or questions regarding why their community is operating much differently than they are used to, and more. This may result in anxiety, challenging behaviours or even curiosity to learn more about what it is all about. We have compiled a list of resources to assist person served and people supporting them to help them cope and communicate information regarding COVID-19. Our hope is that these resources will provide service providers and families with some necessary tools and strategies to navigate these uncertain times.

Explaining COVID-19 and its Impact to Individuals we Support:

Social Stories and Social Scripts to Explain Covid-19 to Individuals we support:

<https://www.mindheart.co/descargables> (available in different languages):

<https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html?fbclid=IwAR3sKjP71uf9FEbEapihxwzP-96HOqyysVKrvMa15VowwyJBtg4WEBTHMfM>

https://qrcgcustomers.s3-eu-west-1.amazonaws.com/account4876975/6583599_2.pdf?0.9769005281804615

<https://www.ppm.org/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

Toolkit for Supporting Individuals with Autism Through Uncertain Times: It includes visuals, apps, and guidelines for supporting individuals

<https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times>

Video Social story to explain COVID-19:

<https://youtu.be/PEAogQYUmV4>

Social story about social distancing:

<https://www.kerrysplace.org/wp-content/uploads/2020/03/social-distancing.pdf>

Create a handwashing visual with your favourite lyrics:

<https://washyourlyrics.com>

Managing stress and anxiety:

https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about>

Learn about COVID-19

- Learning about COVID-19 through visuals and videos:
<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>
- Visual information sheet about COVID-19:
<https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf>
- Social story about how everyone gets sick sometimes:
https://www.autismspeaks.org/sites/default/files/flu_teaching_story_final%20%281%29.pdf
- Visual schedule template:
<https://abavisualized.com>
- Skype a Scientist:
https://docs.google.com/forms/d/e/1FAIpQLSfyPILybtJvPljP4a_pF78F_FG0PZGV7dyQeNnKE4c18vL45A/viewform

Keeping Individuals Engaged with Online Options for Activities:

Virtual Tours:

- Cincinnati Zoo will be doing a Home Safari on their Facebook page, 3pm EST, featuring a different animal and a lesson:
<https://m.facebook.com/cincinnati-zoo/photos/a.96076385478/10158043842200479/>
- 10 homes you can tour virtually, including Buckingham Palace:
<https://www.housebeautiful.com/design-inspiration/g31677125/historic-homes-you-can-virtually-tour/>
- Virtual Rides at Disneyland!
https://www.romper.com/p/while-disney-world-disneyland-are-closed-take-your-kids-on-virtual-rides-22622893?utm_term=share
- Discovery Channel Virtual Field Trips:
<https://www.discoveryeducation.com/community/virtual-field-trips/>
- Virtual Field Trip list, with trips to Mars, the zoo, the Louvre and more:
https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/mobilebasic

- Virtual Tours of 33 National Parks
https://totallythebomb.com/heres-33-national-park-tours-you-can-take-virtually-from-the-comfort-of-your-home?fbclid=IwAR0vhgNTtpy3XD4UNfemKPKXF_PqFwB9pUmwKbcD8znbfsvYVrhAdwvMbdh0
- 15 Broadway plays and musicals available online
<https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home>

Live Streams:

- Metropolitan Opera will have a live performance every night from their catalog of recorded events.
<https://www.playbill.com/article/metropolitan-opera-after-shutting-its-doors-will-offer-free-streams-from-live-in-hcatalog?fbclid=IwAR3L3irSQY8Fj3cf04agQQLSogBtmnNMSUcY3HIT6VhReif7f551ITP4Ho8>
- Seattle Symphony Orchestra is providing free live stream performances:
<https://seattlesymphony.org/watch-listen/beyondthestage/live-broadcasts>

Other Activities: (Reading, Dancing, Cooking, Craft etc.)

- Author Oliver Jeffers will be reading a book everyday:
<https://m.facebook.com/oliverjeffersart/photos/a.391765256611/10156586435571612/?type=3&source=48>
- Storytime from Space:
<https://storytimefromspace.com/>
- Living room dance parties with DJ Mel
<https://m.facebook.com/DJ-Mel-48330349120/>
- Comic book making and activity sheets
<https://jarrettlerner.com/activities/>
- 34 Minutes of Dance Along Videos:
https://www.youtube.com/watch?v=sHd2s_saYsQ
- Milk Street Online Cooking School will have free classes until 4/30.
<https://www.177milkstreet.com/school/classes/online-classes/?fbclid=IwAR2N7CZRevTr7wnIgueOCosIj5TsuDhWRlp2gulMwE-T3i7EOuhbnilw8kQ>

Resource for Staff and their Families to Cope with this Pandemic:

- List of educational companies offering free subscriptions.
<https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>

- Scholastic Learn and Home: A free resource to keep children engaged with daily learning projects aligned with their school curriculum
<https://www.scholastic.com/teachers/teaching-tools/articles/resources/scholastic-learn-at-home--free-resources-for-school-closures.html#>