



**THE NORA PROJECT**  
*...because everyone has a story.*

# TNP and Skinner North

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# Summer Routines



- Provide stability and reinforce expectations through the use of visual schedules and calendars.
- Allow the child to participate in creating their own schedule.
- Allow the child to anticipate changes in routine.
- Incorporate structured and unstructured activities.
- Capitalize on your child's interests, generate a list of ideas WITH your child.
- Build executive functioning skills that can transfer to school settings.

# Example Activities



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# Example Activities

- Plan a 2-week theme based schedule that will culminate in a fun final activity
  - Camping theme -
    - schedule in a nature hike
    - practice sleeping in a tent and/or sleeping bag inside
    - find recipes for cook-out/campfire foods and try them out
    - Read stories about camping - for example - *A Camping Spree with Mr. Magee* by Chris Van Dusen
    - Listen to a podcast together about camping like this one - [What Kids Want and Need When Camping](#)
    - Camp out at a local park or in your backyard

# Example Activities

- [Chicagoland Area Summer Activities](#)
- [PBS Kids for Parents](#)
- [Chicago 2021 Best Free Kids Activities](#)
- [Summer Day Camps](#)
- [Chicago Public Library Kids Events](#)
- [Summer STEM Camps](#)
- [Summer Art Camps](#)
- [Summer Music Camps](#)



# Tough Topics



- Limit access to news programs that will have confusing language and poorly understood visuals (pictures, videos, interviews)
- Model how you as an adult manage worry or anxiety - validate those feelings with your child and talk them through how to handle them
- Explain that we can't control outside things (the pandemic, civil unrest) but we can control how we respond
- Keep things simple and basic - this is what our family is experiencing, doing about it, etc.
- Do family calming activities, read the news together without dwelling on it (use children's news sources rather than adult literature)



# Virtual Calming Room



Virtual Calming Room





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# News Resources for Kids



[Common Sense Media Best News Sources for Kids](#)



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# SEL Resources for the Home



**Blissful Kids**

*Mindfulness Made Easy*



**KIDS YOGA STORIES**

Learn, Be Active, *and* Have Fun

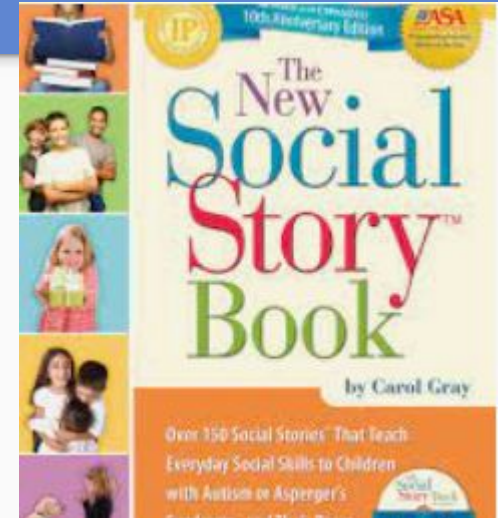
**COSMIC  
KIDS!**

**GoNoodle**

**Mind  
Yeti.**

[TNP Resources Blog Post](#)

# Social Stories



TNP Blog Post - [Using Social Stories - What, Why, Who, and Where](#)  
Autism Society Social Story - [What is Racism, What are Protests?](#)

# Questions

