

# Keeping Children Busy and Keeping Your Sanity: Low cost and simple activities to do at home

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**Mount  
Sinai**

*Seaver Autism  
Center for Research  
and Treatment*

# Housekeeping

- Please turn your video off and edit the name that appears in your zoom if you would like to remain anonymous
- These slides will be posted on the Seaver Autism Center's website  
<https://icahn.mssm.edu/research/seaver/resources/covid-19-autism-resources>
- Please use the chat feature to ask questions. If you would like to remain anonymous direct questions to the hosts.
- Please write ideas for future webinars in the chat feature

# Low Cost Activities to Do At Home

Aliza Greenberg, Arts Enrichment Coordinator  
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**LearningSpring School**

A place for children on the autism spectrum to learn, to grow and to belong

*a well fed mind*

# Overall tips to keep kids engaged.

- Adapt to child's interests
- Use a theme of the week
- Use what you have at home
- Save recycled materials
- Set up a work/play station
- Have a visual schedule with choices
- Incorporate your child into household tasks
- Loose parts to spark imagination
- Mix free play with structured time



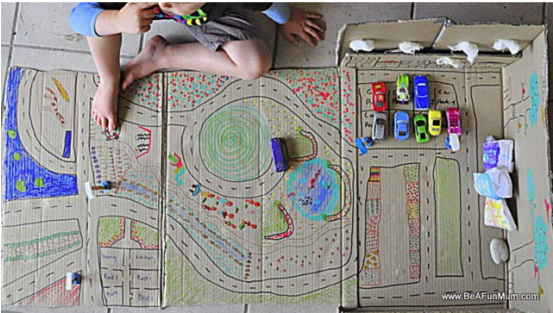
# Easy Puppets using Household Items



You can draw a bunch of eyes or order sticker eyes.



# Building with Recycled Materials

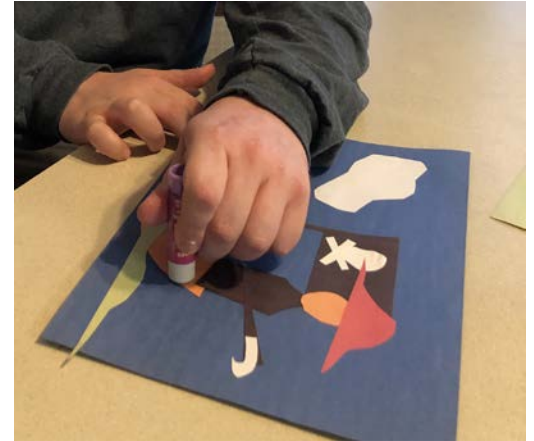


Save everything! Boxes, bubble wrap, toilet paper tubes, bottles.

# Collage



Have ripped up paper or cut shapes organized by color or shape in cups ready.



# Aluminum Foil Art



Cardboard, piper cleaners/string/cut rubber bands, foil, sharpies or wik stix





# Drawing or Coloring to Music

<https://www.silkroad.org/listen>



Recommend getting a roll of big art kraft paper. ArtKraft is a good brand.



Put painters tape around the edges

# Making the Bathtub a Messy P

## Fluffy Slime Recipe

1. Pour  $\frac{1}{2}$  cup of glue into the bowl.



2. Add 2 tablespoons of water.



3. Add 4 drops of food coloring. STIR!



4. Add  $\frac{1}{2}$  teaspoon of baking soda.



5. Mix in  $\frac{1}{2}$  cup of shaving cream. STIR!



6. Add 2 tablespoons of contact solution. STIR!



### Shaving Cream and Bubble Wrap



HOW TO MAKE  
*bubble snakes*  
onelittleproject.com



# Making Puzzles and Games

Cut a preferred picture into pieces to make a puzzle. Can put magnets on the back and it could be on the refrigerator.



# Use things around the house



# Toothpicks and Straws



# Sponges



# Yarn and Straw Jewelry & Lacing



# Sorting





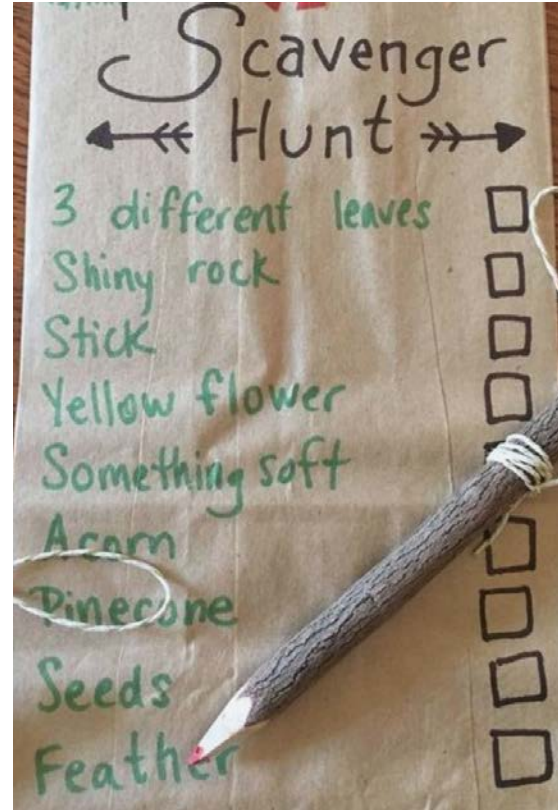
# Sensory Bins



# Scavenger Hunts: Indoor and Outdoor

## SCAVENGER HUNT

- Something that goes on your head 🧢
- Three stuffed animals 🧸 🐶 🐱
- Something yellow 🍌
- Book with numbers 📖
- Something round ⚽
- Something with a flower on it 🌸
- Something soft 🧦
- Book with the letter N 📖
- Something plastic 🎈
- Something with wheels 🚗
- Two things that are blue 👕 🧱
- Your favorite toy 🚗
- Something with a heart 💗
- Something that makes noise 🥁



# Job of the Day

Today your job is the  
“Paper Shredder” ....  
Junk mail or scrap paper



Kitchen Helper



# Outdoor Fun

Spray painting!



Nature walk bracelets!



Ice painting!



# Obstacle Courses, Wall Exercises, and



# Resources:

Sketch with Jeff at the Guggenheim Museum: Online videos and live teaching of drawing: [https://www.guggenheim.org/event/event\\_series/sketch-with-jeff](https://www.guggenheim.org/event/event_series/sketch-with-jeff)

New Victory Theater Arts Breaks: Recorded activities:  
<https://newvictory.org/stories/category/family-engagement/>

American Ballet Theater's Kids Site: Online activities and informational videos:  
<https://www.abt.org/community/family-programs/abtkids/#abtkidsdaily>

Adventure Live Theater: <http://adventuretheaterlive.com/>

Museum, Arts and Culture Access Consortium: [www.macaccess.org](http://www.macaccess.org)

Search pinterest for craft ideas!

# Contact Information:

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mac  
museum arts culture access consortium

# Virtual Tours

You can plan a family field trip without leaving your home. Several museums, zoos, and cultural organizations have created online tours and resources. Here are some links that we thought you might enjoy.

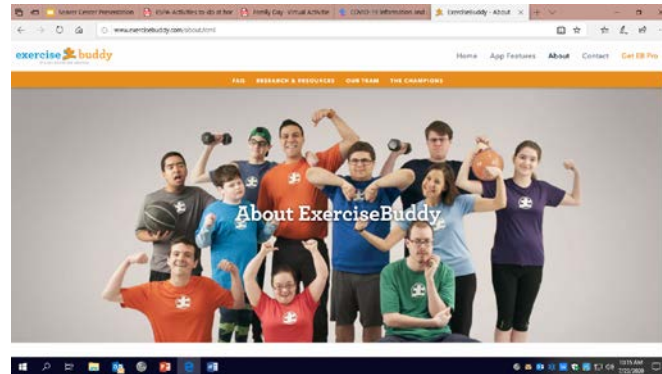
- San Diego Zoo: With what may be the most live cam options, this zoo lets you switch between koalas, polar bears, and tigers in one sitting.
- The Cincinnati Zoo: Check in around 3 p.m., because that is the time the Zoo holds a daily Home Safari on its Facebook Live Feed.
- The Louvre: You do not have to fly to Paris to check out some of the famous pieces in the world's largest art museum. The Louvre is offering free online tours.
- Google Arts and Culture Google has built up this online gallery of more than 2500 museums. You could explore the masterpieces online with a simple click or take a tour of a popular tourist site
- NASA Live: NASA TV and live events streaming on a variety of space topics.





# Movement Resources

- **Cosmic Kids Yoga:** Yoga, mindfulness and relaxation for kids. Free on YouTube or they offer a 14 day free trial through their app
- **GoNoodle®** gets kids up and moving to fun, engaging content and games.
- **Exercise Buddy:** Exercise Buddy is an app available on tablets which can help increase physical activity. Access a 14 day free trial.



# Additional Websites

- Little Bins for Little Hands, <https://littlebinsforlittlehands.com/indoor-activities-for-kids/>
- Autism Speaks, <https://www.autismspeaks.org/virtual-summer-activities>
- Pathfinders for Autism, <https://pathfindersforautism.org/coronavirus-home-activities/>
- Autism Society of Newfoundland and Labrador, <https://www.autism.nf.net/covid-19-resources-to-keep-busy-from-home/>



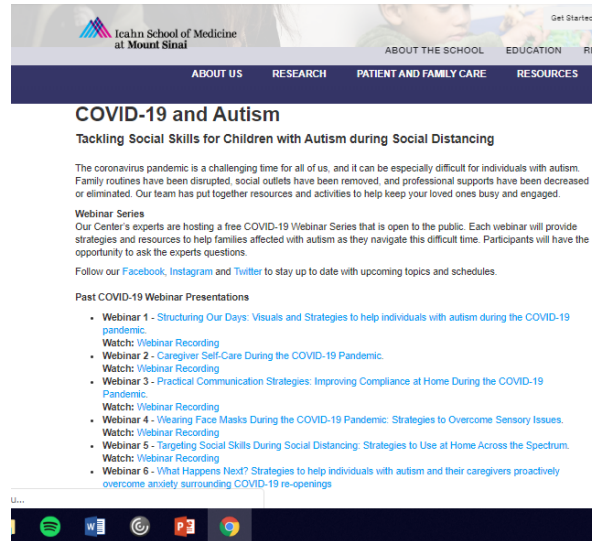
# Questions & Answers

- Thank you for your attention and participation!
- Please write questions into chat feature and let us know of additional topics you would like covered



# Visit the Seaver Autism Center's Website for today's slides and recording as well as additional resources.

<https://icahn.mssm.edu/research/seaver/resources/covid-19-autism-resources>



The screenshot shows the Icahn School of Medicine at Mount Sinai website. The header includes the school's logo and navigation links: ABOUT US, RESEARCH, PATIENT AND FAMILY CARE, and RESOURCES. The main content area is titled "COVID-19 and Autism" and features a sub-heading "Tackling Social Skills for Children with Autism during Social Distancing". The text discusses the challenges of the coronavirus pandemic for individuals with autism and mentions a free COVID-19 Webinar Series. A list of past webinar presentations is provided, including topics like "Structuring Our Days: Visuals and Strategies to help individuals with autism during the COVID-19 pandemic" and "Wearing Face Masks During the COVID-19 Pandemic: Strategies to Overcome Sensory Issues". The bottom of the screenshot shows a Windows taskbar with icons for Spotify, Word, Chrome, and PowerPoint.

Icahn School of Medicine at Mount Sinai

ABOUT US RESEARCH PATIENT AND FAMILY CARE RESOURCES

## COVID-19 and Autism

### Tackling Social Skills for Children with Autism during Social Distancing

The coronavirus pandemic is a challenging time for all of us, and it can be especially difficult for individuals with autism. Family routines have been disrupted, social outlets have been removed, and professional supports have been decreased or eliminated. Our team has put together resources and activities to help keep your loved ones busy and engaged.

**Webinar Series**  
Our Centers experts are hosting a free COVID-19 Webinar Series that is open to the public. Each webinar will provide strategies and resources to help families affected with autism as they navigate this difficult time. Participants will have the opportunity to ask the experts questions.

Follow our [Facebook](#), [Instagram](#) and [Twitter](#) to stay up to date with upcoming topics and schedules.

**Past COVID-19 Webinar Presentations**

- **Webinar 1 - Structuring Our Days: Visuals and Strategies to help individuals with autism during the COVID-19 pandemic.**  
Watch: [Webinar Recording](#)
- **Webinar 2 - Caregiver Self-Care During the COVID-19 Pandemic.**  
Watch: [Webinar Recording](#)
- **Webinar 3 - Practical Communication Strategies: Improving Compliance at Home During the COVID-19 Pandemic.**  
Watch: [Webinar Recording](#)
- **Webinar 4 - Wearing Face Masks During the COVID-19 Pandemic: Strategies to Overcome Sensory Issues.**  
Watch: [Webinar Recording](#)
- **Webinar 5 - Targeting Social Skills During Social Distancing: Strategies to Use at Home Across the Spectrum.**  
Watch: [Webinar Recording](#)
- **Webinar 6 - What Happens Next? Strategies to help individuals with autism and their caregivers proactively overcome anxiety surrounding COVID-19 re-openings**



Virtual Workshop Series  
6-part series

New Group starting Thursday July 30, 2020 at  
4:30 pm or 7:30pm – 6 consecutive weeks

*Workshop 1: Introduction to Six Strategies for improving interaction and reducing challenging behavior*

*Workshop 2: A deeper dive into understanding self-regulation: reducing the stress and learning to focus on what matters*

*Workshop 3: Modeling self-regulation and setting up your child for success*

*Workshop 4: How parents shape their children's behavior*

*Workshop 5: Sensory needs and sensitivities, modeling flexibility and getting your child's buy-in*

*Workshop 6: How our beliefs, words and vision for and about our children shape our parenting*

WORKSHOPS WILL BE HELD ON ZOOM FOR 1-HOUR  
\$20 per workshop or \$100 for the series  
Scholarships available

To register email:

[andrea@autismparentsconnect.org](mailto:andrea@autismparentsconnect.org)

*Andrea Pollack, MEd., is the Founder and President of APC. She is an educator and advocate for parent training. Website: [www.autismparentsconnect.org](http://www.autismparentsconnect.org)*