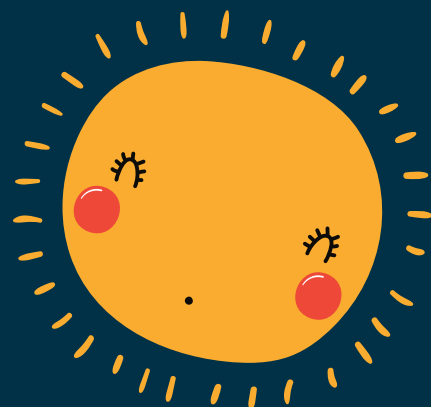




north east
autism society



Summer

Toolkit


Top tips and resources for the summer holidays





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03	Countdown calendar
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07	Tips for going on holiday
08	Emotional and sensory regulation during the holidays
09-15	Activity ideas
16	Transition back to school
17	Preparing for first day at new school





My Summer
Holiday Countdown

MON	TUES	WED	THURS	FRI	SAT	SUN
July 21 st	July 22 nd	July 23 rd	July 24 th	July 25 th	July 26 th	July 27 th
July 28 th	July 29 th	July 30 th	July 31 st	Aug 1 st	Aug 2 nd	Aug 3 rd
Aug 4 th	Aug 5 th	Aug 6 th	Aug 7 th	Aug 8 th	Aug 9 th	Aug 10 th
Aug 11 th	Aug 12 th	Aug 13 th	Aug 14 th	Aug 15 th	Aug 16 th	Aug 17 th
Aug 18 th	Aug 19 th	Aug 20 th	Aug 21 st	Aug 22 nd	Aug 24 rd	Aug 24 th
Aug 25 th	Aug 26 th	Aug 27 th	Aug 28 th	Aug 29 th	Aug 30 th	Aug 31 st
Sept 1 st	Sept 2 nd	Sept 3 rd	Sept 4 th	Sept 5 th	Sept 6 th	Sept 7 th

A Daily Routine

Many children may struggle with the lack of routine during the school holidays.



Brush teeth



Meal time



Get dressed



Toilet



Screentime

Having a predictable and consistent routine can help children feel safe and less anxious during the holidays.

Try to keep it as consistent as possible.

Go through the routine each day and talk through it with your child.

Write plans together if possible.

My Daily Routine



Morning

--	--	--	--	--

Afternoon

--	--	--	--	--

Evening

--	--	--	--	--



My Daily Routine



Here are some activity examples you could use.
Cut them out and stick them on the daily routine using Blu Tack or Velcro.
Some children prefer to create their own and that's fine! There are some
blank ones below you can use to draw or write your own activities on.



Brush teeth



Meal time



Get dressed



Toilet



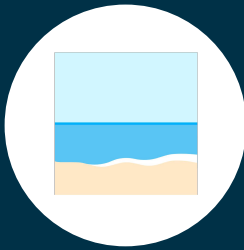
Screentime



Quiet time



Arts & Crafts



Beach



Walk



Play outside



Wash hands



Bath time



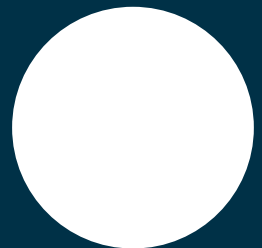
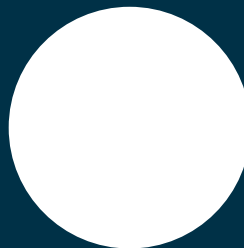
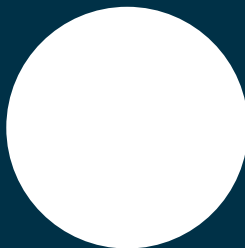
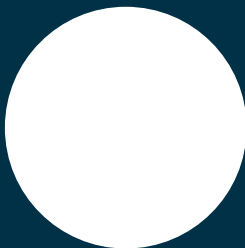
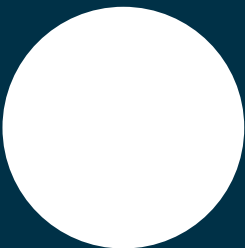
Go in the car



Go on holiday



Swimming



Top tips for going on holiday

1

Choose the right place to go. What seems like an ideal destination for some might not be for your autistic child. Research fully and where possible speak to other families of autistic children to find out places that have worked for them. Look at things such as the facilities, how inclusive the place is, and whether the staff understand your child's needs.

2

Where possible, encourage involvement in the planning and preparation, such as the choice of suitcase, picking out what items to take, or planning as a family what you are going to do on holiday. When planning your days, consider pencilling in additional time for transitions and sensory breaks.

3

Contact the provider of your holiday or if going abroad your departure airport or tour operator ahead of your journey to ask about special assistance or adjustments that can be made. For example, there may be an early check-in process.

4

Prepare as best you can. This could be done by showing YouTube videos of the place you are visiting or using a visual story to help break down parts of the journey or to explain the different feelings your child may experience when travelling – for example, ears popping when flying or travel sickness in the car. However, it's important to consider how far in advance you are starting preparations. It's good in most situations to try and prepare people as early as possible; however for some autistic people planning too far in advance can cause unnecessary stress.

5

Pack familiar objects. For some this could be the pillow they use at night or their favourite blanket. Also consider taking your child's safe foods.

6

Pack a sensory toolkit, e.g. ear defenders/headphones, sunglasses, fidget toys.

7

Make sure that if iPads and gadgets are relied upon during travelling that they're fully charged, and you have a charger with you.

8

If visiting attractions that offer a discount for carers, you will need to show evidence of your child's diagnosis, for example a letter showing that they receive Disability Living Allowance.

9

Consider using the sunflower lanyard; this will help staff easily and discreetly identify that your child may require additional support.





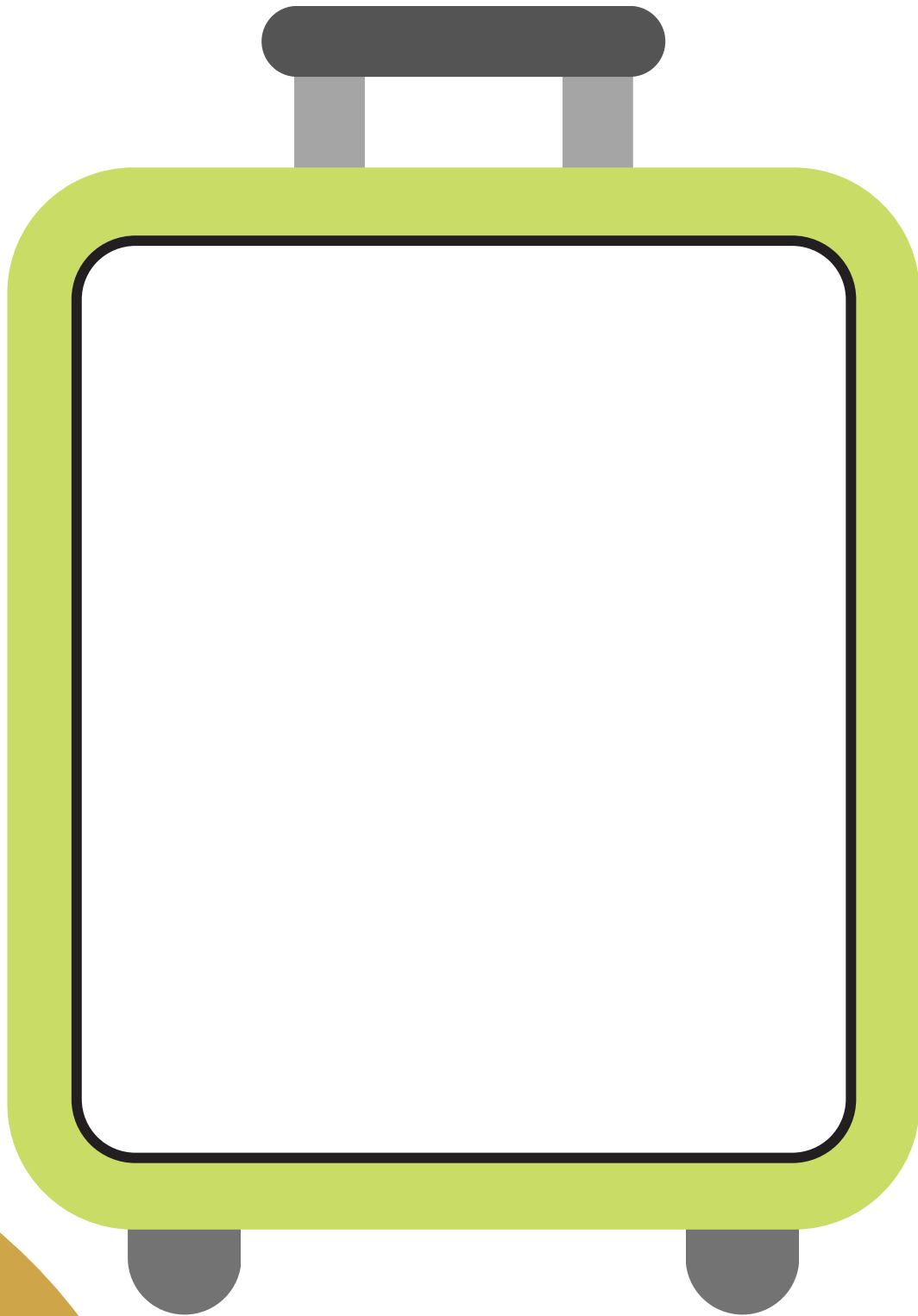
Our top tips for helping your child stay regulated during the summer break

- 1 Keep sensory tools in place that work well during school times.
- 2 Use an emotional regulation tool such as energy accounting. This is a useful way to manage a person's day-to-day stresses and energy levels. See our energy accounting information sheet for more information - [click here](#).
- 3 Create your own sensory circuit, such as an obstacle course.
- 4 Establish a routine which includes sensory exercises at regular intervals throughout the day to either alert or decompress your child.
- 5 Ensure your child has access to tools to encourage self-regulation - for example, leaving a fidget box out in the house.
- 6 On sunny days consider the impact the temperature change may have. Do you need to build in extra regulation time during these days?
- 7 If your child has had a particularly busy couple of days, consider planning a couple of quiet days after this to allow for recovery time.



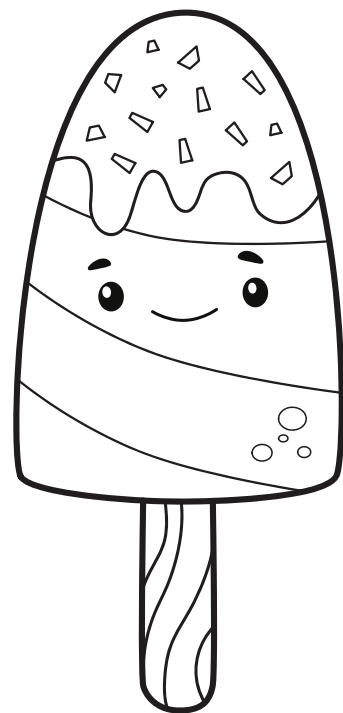
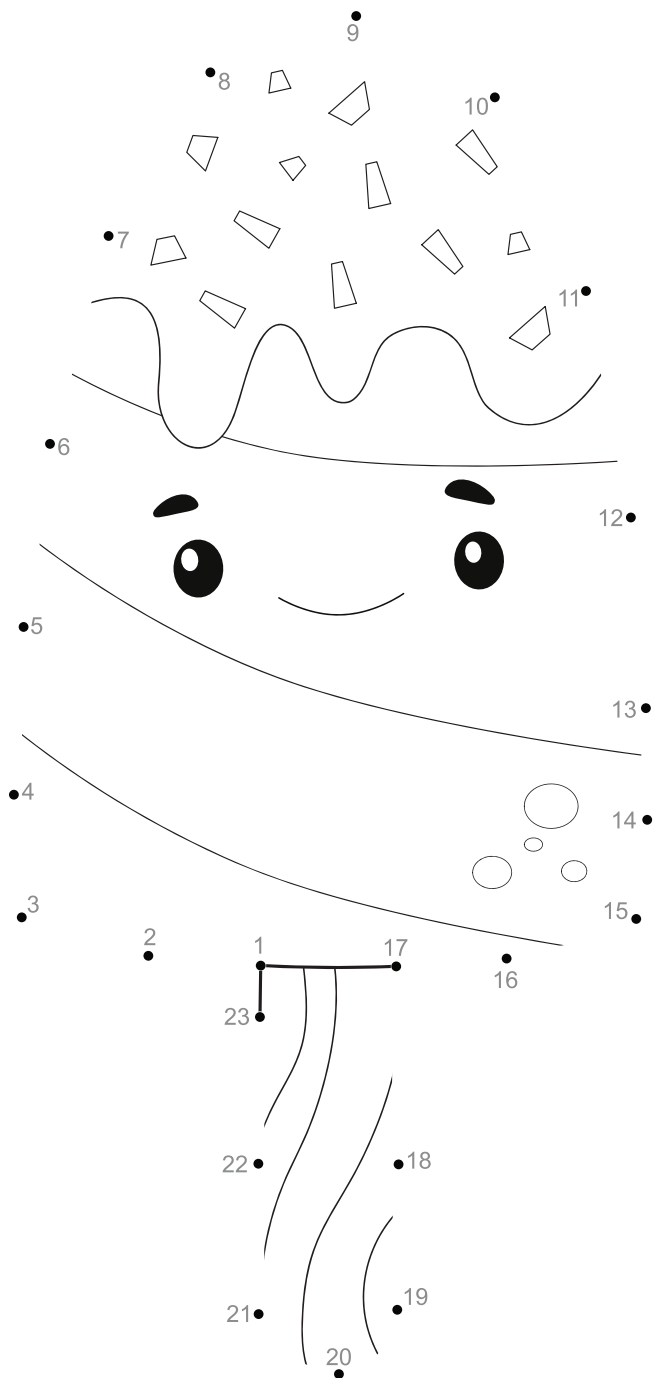
Summer Holiday

You're going on a summer holiday!
What are you taking with you? Can you draw them?



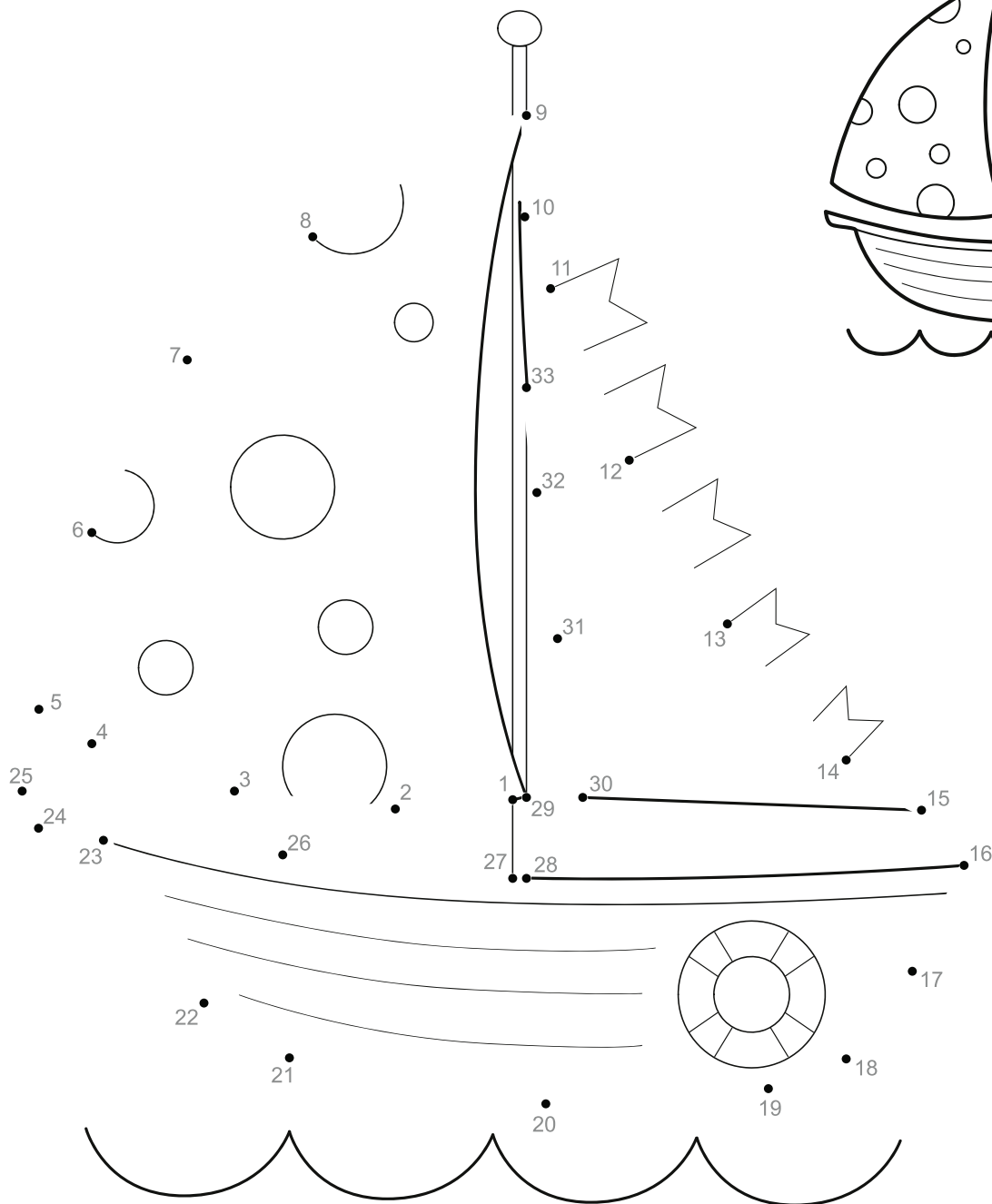
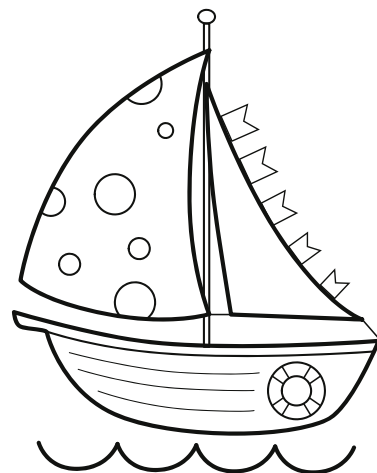
Dot to Dot

Follow the numbers to connect each dot.



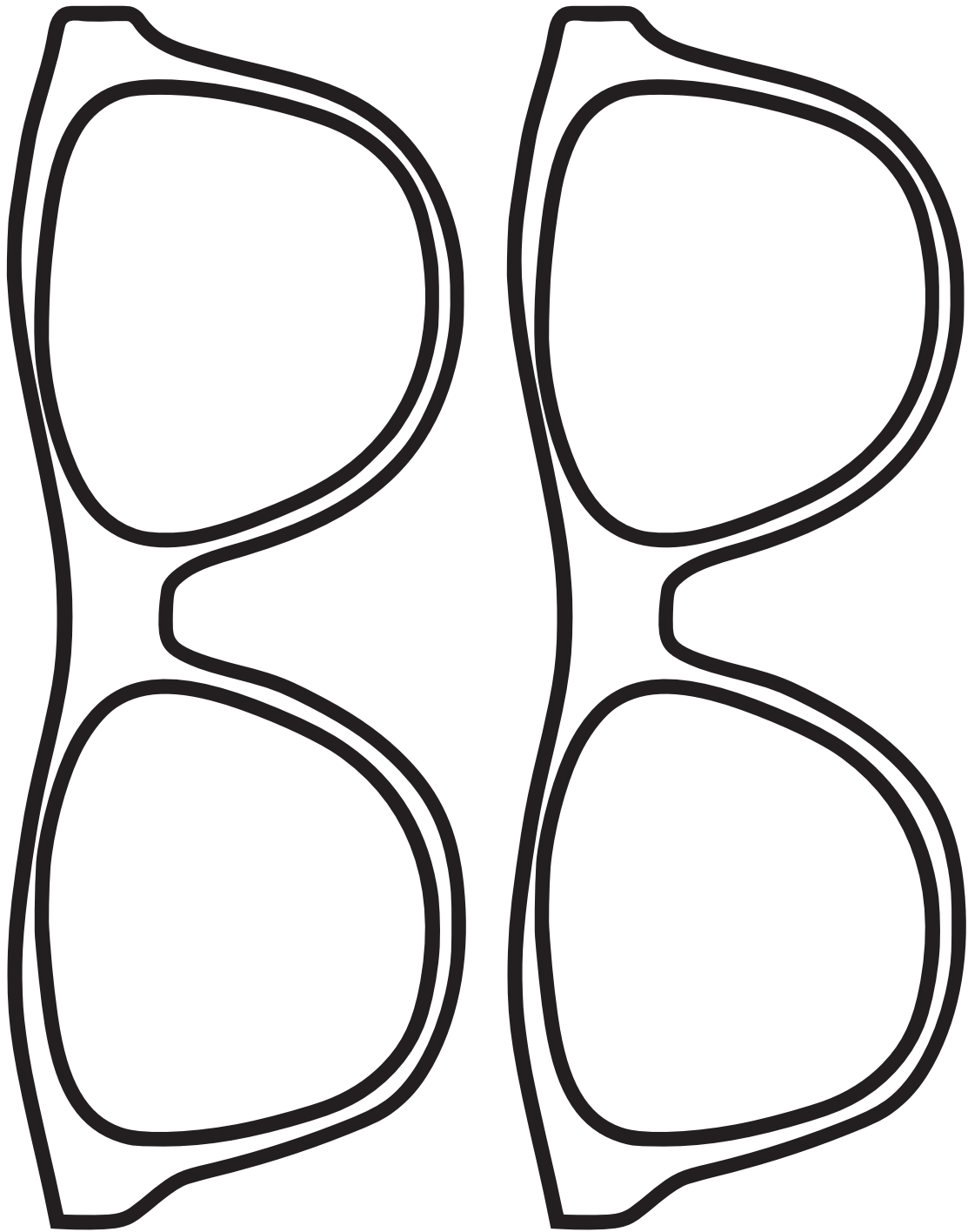
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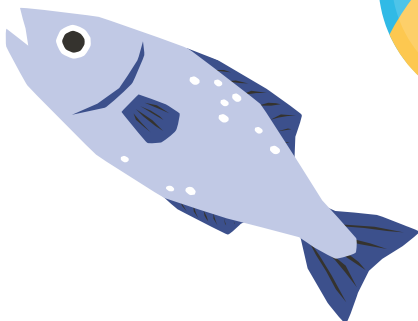
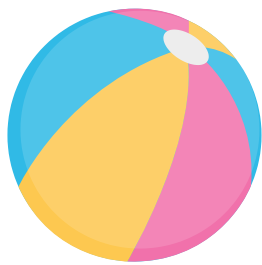
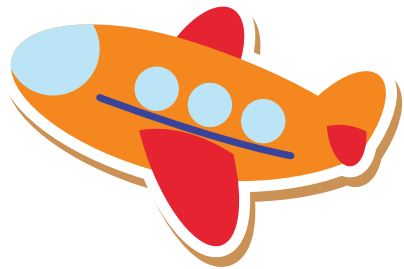
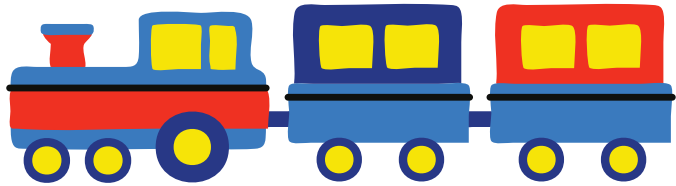


Summer Look

In the sunglasses, draw and colour some things you look forward to this summer.



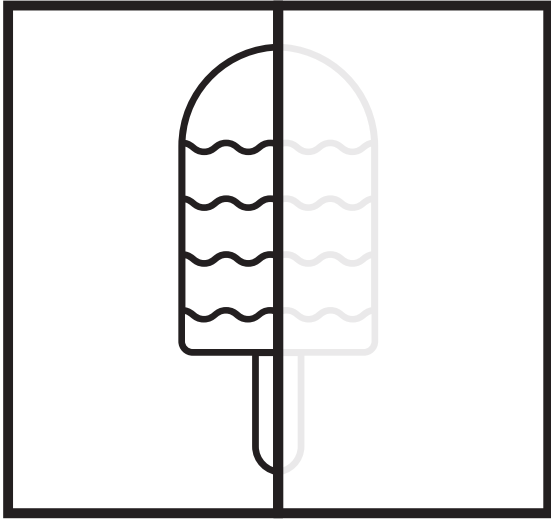
Summer Time Scavenger Hunt



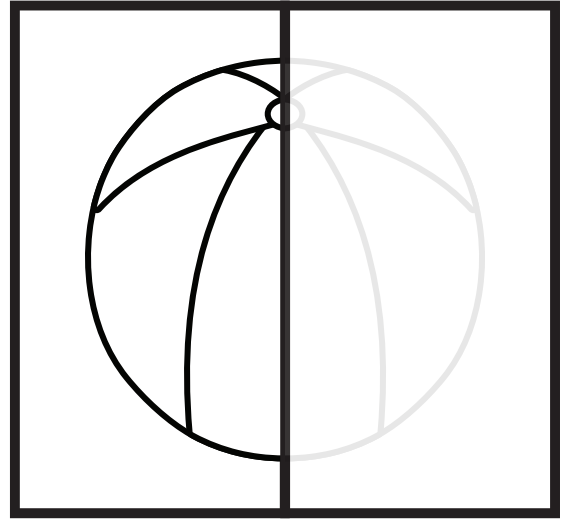
Can you spot all of these things during your summer holidays?
Circle them when you find them.

Summertime

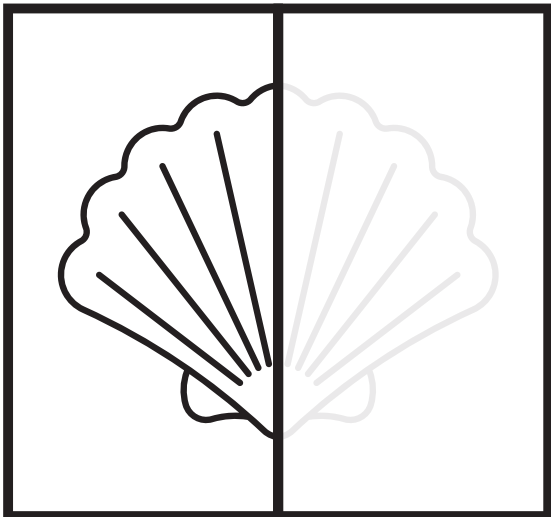
Trace and colour the other halves of the pictures.
Then, trace the words.



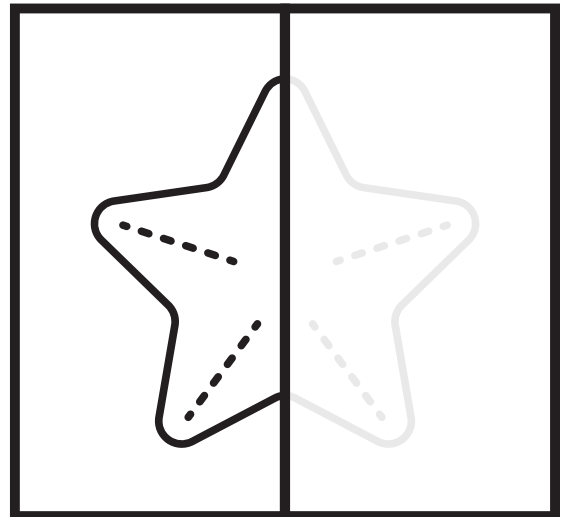
popsicle



beach ball



seashell



starfish

Summer

Holiday Highlights

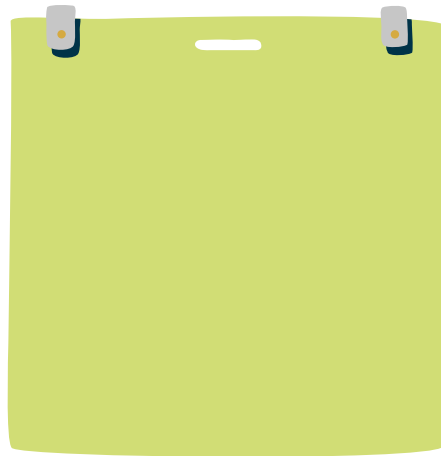
Score your holidays out of 5:



I gave this score because...

Something new I wanted to share...

Three things I did in the holidays:



My favourite thing I watched on TV....



My favourite dinner in the holidays was...



Our top tips for returning to school after the summer break

- 1 Ensure you are aware of any changes to staffing, classrooms, etc ahead of your child returning. If there are going to be changes, ask the school to provide you with photos/videos for example.
- 2 Together with school, plan a timetable of what will happen on the first day back.
- 3 Are strategies that your child used in the previous term in place for them returning? For example, a quiet space, movement breaks, or alternative classroom seating. Ensure any new teachers that will be working with your child are aware of these things.
- 4 Identify a 'security' or 'transition' item that your child could take with them which will provide them with some comfort. This could be a blob of Blu Tack, a ribbon, or their favourite teddy bear. Ensure this is communicated with school to avoid the item being taken off your child.
- 5 Consider the sensory implications of school uniform. Air out any new items or wash any new clothes a few times beforehand so they don't smell or feel new. Try to get new shoes worn in before school - we all know how uncomfortable a new pair can feel.
- 6 Try and get back into a routine before starting school – for example, going to bed slightly earlier each night.
- 7 Use our visual countdown calendar to count down the days left before it is time to return to school.
- 8 Complete our 'how did you spend your holidays' sheet. This can be taken into school as a prompt and could help reduce the anxiety of having to answer a question with a multitude of answers.
- 9 Create a 'problem solving plan.' Discuss with your child all the possible worries relating to going back to school and produce a list of solutions if these occur. Give a copy to the school staff on the first day back.
- 10 Keep things as calm and relaxed as possible on the run-up to the first day – for example, no unexpected changes at home, decorating projects or visits to unfamiliar places.
- 11 Involve your child where possible in preparing for the return to school. Encourage them to help lay out their school uniform the night before or to contribute to making their packed lunch. Or allowing them to choose their new school shoes.

Preparing for your child's first day at a new school

1

Arrange a meeting with the school SENCO prior to your child's first day. This is a good chance to go over any of your questions and discuss adjustments that can be made. At this meeting, identify a safe face and a safe place for your child while in school.

2

Prepare your child. Before they start, meet and take photos of the new staff who will be involved with your child. You could also take photos of the different classrooms and halls and use these in visual stories. You could also prepare your child by encouraging the wearing of their uniform before their first day. Allowing them to become familiar with the school and the surrounding area could also help. Could you go on walks or drives past the school, or spend time in the school playground when it is empty?

3

Can school provide you with a map? For some children, the thought of getting lost in school will cause a great deal of worry. A map may help prepare the child for getting around.

4

Involve your child in the process of starting school, for example choosing a school bag or pencil case. This will provide a sense of control at an unpredictable time in your child's life.

5

For some children it can be a good idea to have a phased start. For example, your child may do one day a week and build this up over the initial weeks. Speak with the school about this possibility and create a well-documented plan together that both you and the school can follow consistently. Create a version (if needed) for your child.

6

Produce an 'All about me profile'. This can be helpful for teachers when they first meet your child; it gives them a good snapshot of your child which in turn helps them to meet your child's needs as best as they can. If your child has difficulty communicating, include key phrases or behaviours and what those mean and look like. This helps to ensure the child feels listened to and recognised at school and will also be a good support for the teachers.

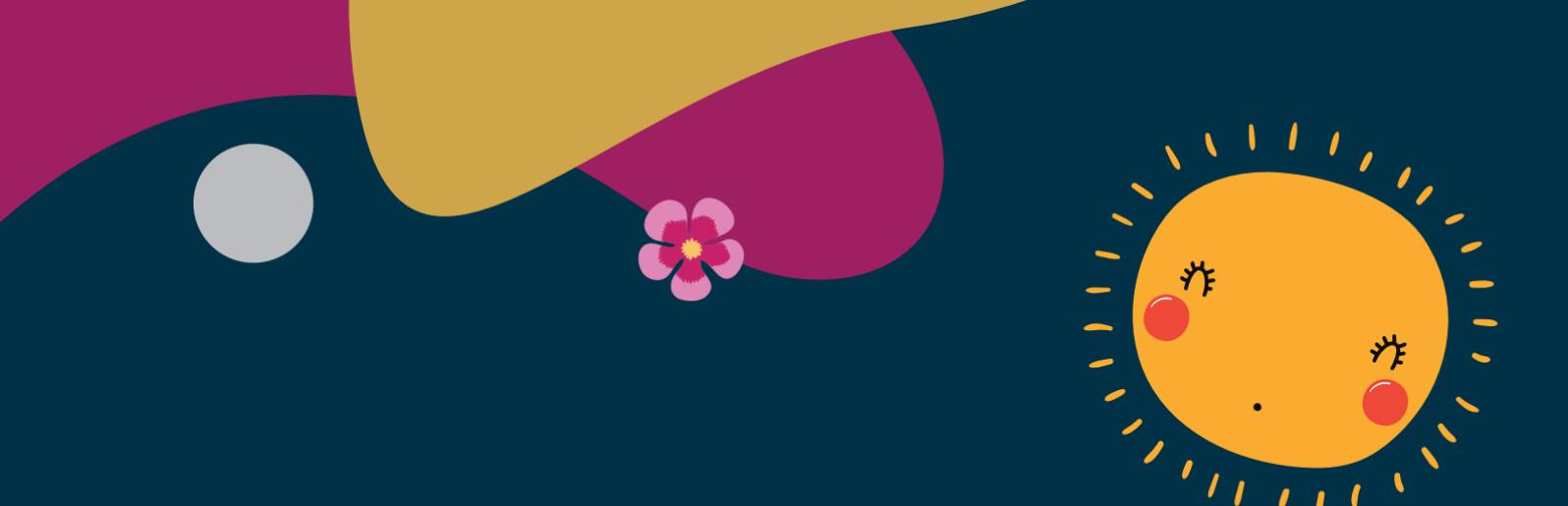
7

Can your child take something that reminds them of you on their first day? For example, a photograph or a blanket that smells like home.

8

A likely time of struggle can be after the school day. This could be for reasons such as exhaustion or dysregulation. Think about ways your child can decompress after the school day.





Have a
wonderful
★ Summer ★


north east
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