

How to Support Social Opportunities During At-Home Learning

- Talk about how the social situation is different now; Try using a social story to help teach about the change and validate all possible feelings related to this change (see attached social story)
- Attend the classroom virtual lessons/visits on Microsoft TEAMS
 - Make sure the volume is up so that the child can hear all of their friends and see their familiar voices
 - Try viewing it on your largest screen, for example a monitor or TV. This may help get a child's attention.
 - Keep it on even if they aren't appearing to be "watching" the session (as long as they appear happy and regulated during it)
 - Ask your child's teacher to be included in additional virtual class times. Even if your child is muted, they can still see and hear his/her friends during the additional, mini virtual lessons
- Increase of family virtual social opportunities, like facetime calls, with extended family members, family friends, etc.
- Play, play, play with parent(s), sibling(s), or pet(s)

- Check out these links. These programs are currently offering many free online resources and activities. Contact your child's occupational therapist if you have any questions!

- **Zones of Regulation** – sensory, emotional and behavioural regulation

<https://zonesofregulation.com/distance-learning-resources.html>

- **Social Thinking** – Social emotional and Social Skills

https://www.socialthinking.com/free-stuff/books-thinksheets?utm_source=facebook&utm_medium=social&utm_content=fs_pr_fb_bodyoutofthegroup_freethinksheets&utm_campaign=fs-pr-fb-books-thinksheets