

Spring break is quickly approaching. In this issue, educators, parents, and individuals with autism will find tools to help everyone enjoy the short break from school.

The T.E.A.C.H. team have included tips, strategies and a social narrative for the upcoming spring break to make the vacation as stress-free as possible to individuals and families dealing with autism.

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# Spring Break Tips

- Limit the unknown as much as possible.
- Look at your student's or child's routine and decide which one you can hold constant during the spring break (i.e., breakfast time, bath time, etc).
- Written social narrative about spring break (see sample provided).
- Prepare your student or child ahead of time by showing him or her a written/picture schedule for the spring break.
- Ease transition by giving a 5-minute warning– from one activity to the next. An ordinary kitchen timer will

Tips found on: [www.autismnj.org](http://www.autismnj.org)

## Social Narrative: SPRING BREAK



**My school will be closed for Spring Break.**

**Spring Break is when students and teachers get a vacation from school.**

**I will stay home with my family during the spring break.**

**Some things will be different.**

**My routine may change.**

**Maybe I will do something different or go somewhere during spring break.**

**This is OK. I will try to listen to my mom and dad. They will help me understand what I will be doing each day.**



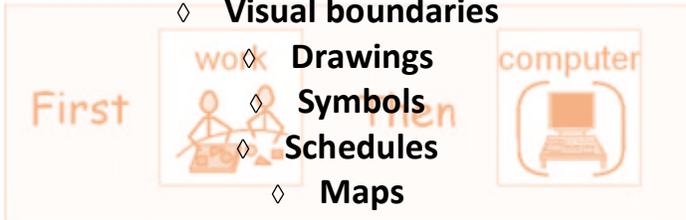
**After the spring break, my school will open again. I will go back to school.**



# Evidence-Based Practice Focus: Visual Supports

## Visual supports might include, but not limited to:

- ◇ Pictures
- ◇ Written words
- ◇ Objects within the environment
- ◇ Visual boundaries
- ◇ Drawings
- ◇ Symbols
- ◇ Schedules
- ◇ Maps
- ◇ Labels
- ◇ Organization systems
- ◇ Timelines



## Why are visual supports effective?

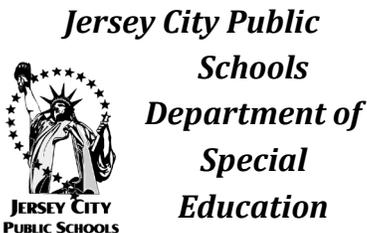
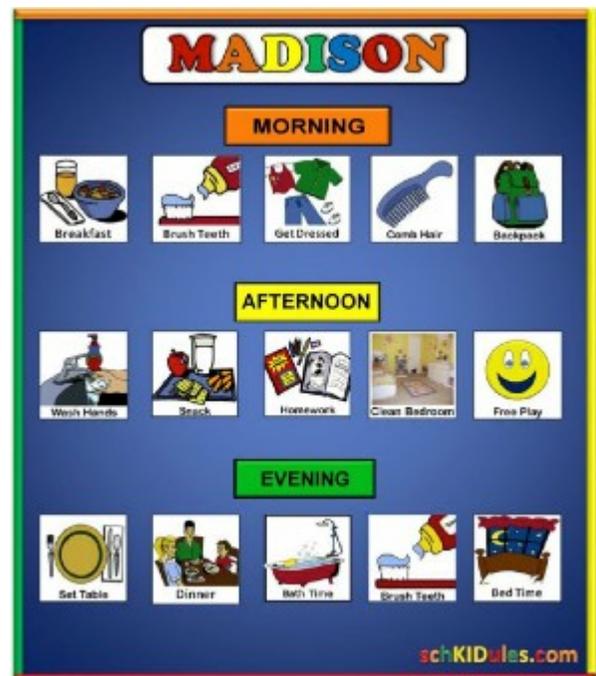
- When we present information verbally, the words are available for a brief moment of time.
- When we present information visually it can be there for as

## Advantages of Visual Supports

### Student are able to:

1. Complete more tasks by themselves = increasing independence.
2. Learn more rapidly.
3. Demonstrate decreased level of frustration, anxiety, and aggression related to task completion.
4. Adjust more readily to changes in the environ-

Information taken from: [www.autismnj.com](http://www.autismnj.com)



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## Online Resources:

Comprehensive, up-to-date, and usable information on autism for educators, other professionals, and families who support individuals with autism spectrum disorder (ASD)

[www.abatraining.com](http://www.abatraining.com)

[www.autismnj.org](http://www.autismnj.org)

[www.autismspeaks.org](http://www.autismspeaks.org)

<http://autisminternetmodules.org>

## National Professional Development Center on ASD

<http://autismpdc.fpg.unc.edu/>