



Support Recommendations from Lowell Public Schools Special Education Department

Schools are currently closed from 3/16/20 - 4/6/20

<https://www.lowell.k12.ma.us/Page/132>

Please note: While the Special Education Department has gathered these resources, in some cases they may not be curriculum based. We do, however, hope they are helpful to our families!

See also the LPS [“Learning at Home”](#) page
for information on accessing online student learning accounts and weekly resources,
as well as suggestions for learning supports in all subject areas!

*It's important to note that all activities in this slideshow and on the LPS page are considered enrichment activities and are NOT required assignments. These are resources to support you as you continue to engage students in learning from home.

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Supporting Learning Differences

Supporting ALL Learners

- [Understood.org](#) is a great educational resource website for students who learn differently
- [15 Great Websites](#) for parents to better understand and support their children with disabilities

Online Resources for Learning at Home

Many of our PK & elementary substantially separate populations regularly utilize these websites at school!

KEEP LEARNING AT HOME

Free Online Resources

 pbskids.org	 play.prodigygame.com
 www.starfall.com	 www.khanacademy.org
 kids.nationalgeographic.com	 www.typingclub.com
 ABCMouse.com/redeem Use code: SCHOOL2568	 www.squigglepark.com
 scholastic.com/learnathome	 mysterydoug.com

Dyslexia Resources

<https://dyslexiaresource.org/>



AUDIOBOOKS:

- Learning Ally
- EPIC
- Overdrive
- Libby
- Bookshare
- RAZ Kids
- Readworks
- NLS for blind & print disabled



APPS:

- Lively Letters
- Nessy Apps
- OGStar Reading
- Cursive Writing Wizard
- Simplex Spelling Apps
- Hearbuilder Apps
- Teach Monster
- Word Wizard
- bd Bakeoff
- Handwriting Without Tears-Wet- Dry-Try
- Snap Words
- What's Changed?
- Speechify
- Zoo-Phonics
- Preschool University
- Name that Syllable/Rule/Cutting Pattern

GAMES:

- Spot It
- Boggle, Scrabble
- My First Banagrams
- Apples to Apples
- Washington Reads Cardgames
- Hangman

PODCASTS:

- But Why
- What if World
- Wow in the World
- Tumble
- Brains On!
- Stories Podcast
- Six Minutes
- Circle Round

kidlisten.org

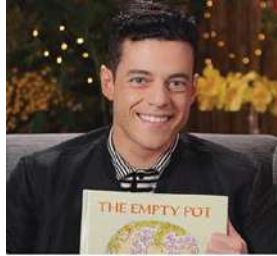
WEBSITES:

- www.lexiaforhome.com
- www.nessy.com
- www.writereader.com
- www.readingrockets.org
- www.understood.org
- www.allaboutlearningpress.com

KEYBOARDING:

- Typing Club
- Keyboarding Without Tears
- Dancing Mat Typing BBC

Storyline Online - Books Read Aloud



Rami Malek reads *The Empty Pot*



Sarah Gilman reads *A Tale of Two Beasts*

**A FREE LITERACY PROGRAM
WHERE ACTORS READ TO CHILDREN**

STORYLINEONLINE.NET



Chris Pine reads *Clark the Shark*



Kristen Bell reads *Quackenstein Matches a Family*



Wanda Sykes reads *The Case of the Missing Carrot Cake*


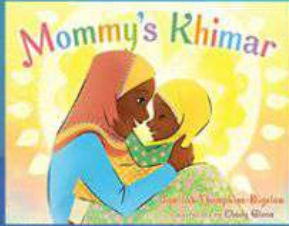
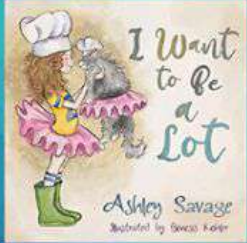


Chris O'Dowd reads *Arnie the Doughnut*

Nightly Facebook Live Book Readings by Authors

Visit the TESPFA Facebook page to access

Nightly FB LIVE Book Readings
Monday-Friday 6:30 pm CST

				
Monday	Tuesday	Wednesday	Thursday	Friday

Brought to you by:
TEPSA 

#WeLeadTX 

Reading Ideas for home:

- Set a schedule to read each day
 - Share a story by reading together
 - Read to a struggling reader
 - Everyone reads their own book
 - Talk about the books you are reading
 - Act out favorite parts of the story
- Create sight word flashcards to practice fluency
- Play rhyming games
 - What rhymes with mat?
- Alphabet Safari - look around the house for letters and words
- Get outside and use chalk to identify letters, sounds, words, etc.
- Flashlight reading
 - lights out reading with a flashlight

Math Ideas for home:

- Cooking together:
 - Double or halve a recipe is using fractions, practicing with measuring, numbers, weights, sizes, etc.
- Playing board and card games like Monopoly or Uno
- Use playing cards
- Use menus to purchase and add tax and tip
- Build a puzzle
- Use adverts and catalogs to window shop given a budget
- Create math facts flashcards and practice fluency
- Use household items to practice counting, patterning, sorting, etc.
 - Legos, cereal, M&Ms, beads, socks, etc.
- Shape or numbers hunt throughout the house or neighborhood on a walk
- Dice games
 - Roll 2 & compare numbers, roll 2 & add, subtract, count total, etc.

Resources for Students with Autism

(see also “Social-Emotional Supports” & “Related Service” sections later in this slideshow)

Online Resources for Students with Autism

- [Autism Research Institute Webinar](#) for parents - *Home all day – basic supports and strategies to get us through and keep us sane*
- An example of Positive Behavior Support at home ([video](#))
- [How to ABA](#) offers a list of websites, apps, printable resources, videos, etc.
- [The Autism Society of North Carolina](#) shares various ideas to support students at home
- UNC's Child Development Autism Team has put together this [great resource](#) amid the crisis which includes a large variety of supports from understanding COVID-19 to activities, handouts, and videos! **Don't miss this!**

Printable Resources for Students with Autism

- [Coronavirus Social Story - simple](#)
- [Coronavirus Social Story - complex](#)
- [Social Distancing Social Story](#) from Easterseals
- Scroll down to the bottom of the homepage of [Autism Society Florida](#) for printable visual supports targeted for COVID-19!
- [School Closure Toolkit](#) from Easterseals
 - Includes activities, schedules, first-then board, token board, and more!

First - Then Strategy

First Then Board is a visual strategy used to help children with receptive language and/or behavior needs complete specific tasks. This strategy displays two pictures or written words. The "**first**" is usually a picture of a non-preferred activity and the "**then**" is a picture of a preferred activity. If you cannot print this or think your child does not need a visual even the language of First / Then can be very successful. Examples are "**First** clean your toys, **then** we can go outside" and "**First** eat your vegetables, **then** you can have dessert."

Here is more information about first/then boards and how to use first/then language:

<https://theautismhelper.com/first-actually-works/>

Social-Emotional Supports

(see also “Mental Health Resources” later in this slideshow)

Social-Emotional Supports

- Supporting Emotions and Behavior Dysregulation at home ([article](#))
 - How to create and keep schedules and routines, offer choices, provide prompting, ignoring behaviors, etc.
- [7 Ways to Help Students Cope with Coronavirus Anxiety](#)
- The [Mind Yeti](#) will help you practice mindfulness! ([Mind Yeti](#) - Spanish)
- [The Imagine Neighborhood](#)
 - A podcast to practice social-emotional skills

Coping Strategies

- Counting to 10
- Take 3 deep breaths
 - "Smell a flower (deep breath in) and blow out the candles (deep breath out)"
- Take a break
 - Designate a "break area" in the house for them to relax and calm down. This should be different than a "time out" or punishment space.
- Draw a picture
- Share your feelings
- Squeeze a ball

Related Services

OT, PT, Speech, Vision

OT - Fine/Visual Motor Ideas for Home

Almost all types of arts and crafts type activities, as well as playtime with small and/or resistive manipulatives, will work to strengthen the intrinsic muscles of the hand!

Spray bottles : clean chalk board, water plants, squirt ping pong ball off golf tees, spray colored water into snow, melt ice cubes with spray bottles in sensory table (you can freeze small plastic items such as bugs in ice cubes to make it more fun!)

Rip Paper: tear construction or newspaper into strips for paper mache projects, or small piece for mosaic or art project

Pinching tissue paper: small square of tissue paper can be pinched and glued onto picture to make 3-D artwork.

Crumble paper into balls: using whole hand, make “snowball”, or crumple into ball to throw at a target or in trash can (start with 2 hands for crumpling , progress to using only 1 hand at a time to crumple)

Tweezers / Tong: pick up and sort small items such as mini erasers or pompoms into ice trays

OT - Fine/Visual Motor Ideas for Home cont.

Clothespins: use to pick up and transfer small objects such as pompoms or cotton balls; hang up items such as artwork or mittens along a clothesline weight string

Coins/Buttons: practice flipping coins or buttons over (without moving to edge of table); feed coins, poker chips or buttons into banks or slots

Resistives: theraputty, clay, playdoh: Hide small items such as beads and retrieve; roll into small balls (using finger tips ideally) then squish the “grapes” using thumb and index finger; encourage pinching, rolling, squeezing and pulling apart

Animal walk races: weight bearing on the hands is another great way to promote proximal stability and strengthen the hands. crawl like a bear or a crab, squirm like a snake or jump like a frog.

Wet, Dry, Try (letter writing practice): demonstrate correct letter formation with chalk for your child, child uses a wet sponge to trace, then a dry sponge to trace, and then tries writing it on their own

OT - Fine/Visual Motor Ideas for Home cont.

- Free typing practice websites

- <https://sense-lang.org/>
- <https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr>



- Free printables in all areas (fine motor, handwriting, scissor skills, and more!)

- <https://www.kidsmasterskills.com/>

PT - Gross Motor Ideas for Home

Wheelbarrow Walking

- Hold child's feet and have him/her walk on hands
- Back should be straight not sagging and elbows should not be bent
- More support can be provided by holding hips or knees

Bridging

- Child lies on back with knees bent and feet flat on floor
- Child lifts bottom from floor keeping tummy tight and flat
- Slowly lower bottom to floor and repeat
- Make a game of it by driving toy cars, rolling balls, or moving stuffed animals under the "bridge"

Magic Bicycle

- Child lies on back, lifts both legs and moves legs in a bicycle motion as they "ride" their "magic" bicycle to whatever destination they choose
- Have them ride slowly i.e. going down a hill, quickly to "pedal" up a hill, put on the brakes unexpectedly etc.

PT - Gross Motor Ideas for Home cont.

Wall Push-Ups

- Have child stand approximately 5 inches from the wall
- Place hands on wall so body is at an angle
- Have child “push” the wall to make the room “bigger”

Row, Row, Row Your Boat

- Have child hold a hoola hoop on one side while you hold the other side
- Alternate rowing by leaning forward and back
- Have the child work to pull him/herself back to a sitting position once reclined
- For added challenge move the hoop unexpectedly side to side
- This activity can be done in sitting, standing, high or half kneeling

Superman

- Child lies on stomach and lifts arms, legs and head from floor with back arched
- Sing a favorite song, count etc. to encourage child to hold this position
- If child is unable to lift arms and legs together first practice just arms, just legs and progress to both as tolerated

PT - Gross Motor Ideas for Home cont.

Step-ups

- Place a puzzle board on one side of a step stool and pieces on the other side
- Child retrieves one piece, steps up and down to place in the board, repeat until puzzle is complete
- Look for hip, knee and foot to be aligned as ascending and descending, provide support as needed.

Obstacle courses

Simon Says

Follow the Leader

Any outdoor game that gets you moving (tag, duck duck goose, hide and seek, etc.)! Remember to play with just your family members!

Speech - Supporting Communication Needs

- [Great ideas for supporting speech sounds, language skills, and more](#)
 - from Natalie Snyders, an SLP from Illinois
- [Supporting Social Emotional Language Skills](#)
- [General Resources for Speech and Language Needs](#)
- [Create games, visual supports to under COVID-10, schedules, etc.](#)
 - 30 days free

Speech - Supporting Communication Needs cont.

- [Supporting AAC use during the school closure](#)
- [Speech and language resources](#) in all areas
 - answering questions, following directions, categorization, articulation, sequencing, reading comprehension, phonemic awareness, play, social skills, AAC, and games
- [Building Vocabulary at Home](#)

Speech - Supporting Communication Needs cont.

Helping your child to share news (tell the whole story)...

- WHEN? On...Today...Yesterday...This weekend...Last night...This morning...
- WHO? My family and I...My friend and I...My sister and I...My teacher and I...
- WHERE? Went to...Drove to...Visited...Walked to...Hiked...
- DID WHAT? And...
- Then put it all together in a sentence!

Speech - Supporting Communication Needs cont.

Tips for Parents

Reading to the child helps with receptive language. Ask what, when, and where questions about the story.

Read a story and ask the child to draw a picture of the story.

Draw a picture and have the child tell a story about the picture.

Always have the child repeat directions back to you.

Explain words and phrases that have hidden meanings (idioms, puns, metaphors).

Paraphrase using simple language.

Encourage letter writing to friends and relatives. Let them use decorative paper or even let them type it on the computer.

Have your child read an article in the newspaper and summarize what it was mostly about.

Play problem-solving games such as Guess Who? or Clue

Play word games such as Scrabble or Boggle.

Encourage your child to always try their very best no matter what the outcome may be!

Speech - Supporting Communication Needs cont.

Practice Your Language Skills!

- READ to your child everyday – have him label pictures, actions, and events
- Ask questions and encourage correct responses
- Give your child an opportunity to speak by letting him request his wants and needs before you give him things
- Encourage appropriate play with a variety of toys
- Teach him basic concepts with real life examples (big/small, square/round, inside/outside, etc)
- Model correct speech and language
- Describe what you are doing, feeling, hearing
- Talk about new situations before you go, while you are there, and again when you are home
- Always be encouraging and listen to what your child has to say!

Speech - Supporting Communication Needs cont.

Practice Your Articulation Skills!

- While in the car, find as many things as you can that have your speech sound in it.
- Practice a tongue twister that begins with your speech sound.
- List words that have your speech sound in them for every letter of the alphabet.
- Practice your good speech in the mirror while brushing your teeth at night.
- Play "I Spy" only with words that contain your speech sound.
- Draw a picture with objects that contain your speech sound using paper or electronics.
- Make up silly rhymes that have your sound at the end of the words (i.e. flower/power).
- While at a red light, say your sound as many times as you can before it turns green.
- Read a book aloud and find all the words with your sound in them.
- Practice saying the Pledge of Allegiance or singing your favorite song using your good speech.

Supports for Vision Challenges

- [Paths to Literacy](#) is a website to support students who are blind or visually impaired (sponsored by [Perkins Schools for the Blind](#) and [Texas School for the Blind and Visually Impaired](#))
 - Check out this specific resource on the page for a hotline that will help parents/guardians and students with accessing websites and school work
<https://www.pathstoliteracy.org/resources/national-homework-hotline-blindvisually-impaired-students-nhh-bvi>

Food Resources

Food Resources @ LPS



Food Resources in Lowell - Pantries (project bread food source hotline 1.800.645.8333)

Pantries	Phone	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Billerica Community Food Pantry 70 Concord Rd., Billerica, MA			2 - 6 2nd & 4th of Mo.					
Central Food Ministry 370 W. Sixth Street, Lowell, MA	978-454-7445		10 - 1	10 - 1	10 - 1 7 - 8			
Chelmsford Community Exchange 50 Rear Billerica Road, Chelmsford	978-250-3818			5 - 8	2 - 4	6:30 - 8	Dec - April Noon - 1:30	
Christ Church United 1 Bartlett St. Lowell, MA	Call Ahead 978-590-4512	Emergency Pantry by appt. only						
Christ Jubilee Food Pantry 101 Smith Street, Lowell, MA	Call Ahead 978-452-9976					Noon - 1		
Community Christian Fellowship 105 Princeton Blvd. Lowell, MA 01851	Call Ahead 978-934-9414 X117			10 - 1:30 1st Weds. of Mo.				
Dracut Food Pantry 1934 Lakeview Avenue, Dracut, MA	978-957-8600						9 - 12 4th Sat. of Mo.	
Dwelling House of Hope 125 Mt. Hope St. Lowell, MA	1-866-674-9988						10 - 12	
Hope Dove 117 Perry St. Lowell, MA	978-770-2406				11 - 1		9:30 - 12:30	
Lowell Public Schools Pantry -Rogers School 43 Highland Street, Lowell, MA 01852		Selected	Dates	Throughout 2:30-3:30PM	The	School	Year	
Merrimack Valley Catholic Charities 70 Lawrence Street, Lowell, MA	978-454-9946	1 - 3:30	1 - 3:30	1 - 3:30	1 - 3:30			
Open Pantry Greater Lowell 13 Hurd Street, Lowell	978-453-6693	9 - 12	9 - 12	9 - 12 5:30 - 7	9 - 12	9 - 12		
Salvation Army 150 Appleton Street, Lowell	978-458-3396	9 - 11		9 - 11		9 - 11		
Tewksbury Community Food Pantry 999 Whipple Road, Tewksbury, MA	978-858-2273	Call for Hours						
Westford Food Pantry 20 Pleasant Street, Westford, MA	978-692-5523 westfordfoodpantry.org	Call or check Web Site for Hours						

Food Resources in Lowell - Meal Programs

(project bread food source hotline 1.800.645.8333)

Meals Programs	Phone	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Christ Church United 1 Bartlett St. Lowell, MA	978-459-9631			10 - 1				approx. 11:30 - 12:30 after church service
Life Connection Center 192 Appleton St. Lowell, MA	978-677-7401	12 - 2	12 - 2	12 - 2				
Living Waters 10 Kirk St., Lowell, MA	978-323-4673		9 - 1:30		9 - 1:30	9 - 1:30	9 - 12	
Lowell Senior Center 276 Broadway Street, Lowell MA	978-970-4131	OPEN FOR BREAKFAST & LUNCH MONDAY THROUGH FRIDAY 6 am - 4 pm AND ON SATURDAY AND SUNDAY 7 am - NOON						
St. Paul's Kitchen 273 Summer Street, Lowell, MA		OPEN FOR DINNER MONDAY THROUGH FRIDAY 5 pm - 6 pm						
Salvation Army Comm. Table 150 Appleton Street, Lowell, MA	978-458-3396	TUESDAYS AND THURSDAYS FOR BREAKFAST 8:30 am - 10 am AND LUNCH AT 11:30 FOR 55 AND OLDER \$2 DONATION					LUNCH 1 - 2 all ages no donation	DINNER at 4:30 all ages no donation
Table of Plenty @ Chelmsford Sr Ctr 75 Groton Rd, Chelmsford	978-710-8328		Dinner 5 - 6					

Additional Food Resources in and around Lowell

- Chowder Factory offering support, call 978.674.8353
- Boys and Girls Club of Greater Lowell offering “Grab & Go Dinner Service” daily from 4-5pm

Internet Access

- Spectrum - call 1.844.488.8395 for free access during the shutdown
 - begins 3/16
- [Comcast Internet Essentials](#) - offering 2 free months if you meet criteria
 - Additional support from [Comcast](#), including: hotspots for all, pausing data plans, no late fees, etc.

Mental Health Resources

NFI: Please contact the NFI Family Resource Center at 978-455-0701, ext 211 to speak to clinician Greg, about counseling options during the state of emergency; including phone intakes, telehealth and virtual sessions.

Crisis Text Line: Text 741-741 to be connected to a trained crisis counselor for free support.

Online AA meetings list:

https://docs.google.com/document/d/1a71ccw7ihaWelksKwOp4AzAkYIVqSoKiN6Gsm38bKMU/edit?usp=sharing&fbclid=IwAR2-sxo5jc9Cf_3fNu_rMfaRuUimAzoTgPx4wzzluudWlq-rjJU4rydYMXc

Mental Health Resource cont.

7 Cups: Free 24/7 Chat. Be heard by volunteer listeners and chat with others who understand in support chat rooms. <https://www.7cups.com/>

National Suicide Prevention Hotline: 1-800-273-8255

Lowell Mental Health Crisis Team: 800-830-5177

Headspace: Mental Health meditation tool

<https://www.headspace.com/headspace-meditation-app>

Please stay safe during this uncertain time. We are thinking of you!

