

Summer Routines & Maintaining Skills

Independent Activities:

Workbooks and Curriculum-Based Websites:

- The Youthhood: [The Youthhood - Where teens prepare for life after high school](#)
- Career One Stop: [Interest Assessment Questions | CareerOneStop](#)
- eXploreWork: [Explore Work | Future planning for teens with disabilities \(explore-work.com\)](#)
- Disability Disclosure:
 - [The 411 On Disability Disclosure Workbook for Adults](#)
 - [The 411 On Disability Disclosure Workbook for Youth with Disabilities](#)

Educational Game Websites:

- Educational Trivia Games: <https://freerice.com/categories>
- Educational Games: <https://kids.nationalgeographic.com/games>
- Arcademic Games: <https://www.arcademics.com/games/>
- Google Presents: [Play Interland - Be Internet Awesome](#)
- Band Runner (Social Stories): https://www.thinkuknow.co.uk/8_10/
- Typing Club, Placement Test: <https://www.typingclub.com/sportal/program-3.placement>
- Do2Learn.com Activities & Worksheets:
 - Determining Interests:
 - <https://do2learn.com/JobTIPS/DeterminingInterests/InterestsQuiz/Quiz.php>
 - Environmental Preferences:
 - <https://do2learn.com/JobTIPS/Printables/EnvironmentalDemandsRatingWorksheet.pdf>
 - <https://do2learn.com/JobTIPS/Printables/DealingwithEnvironmentalDemands.pdf>
 - Videos on Quiet, Moderate & Loud volumes in the work environments
<https://do2learn.com/JobTIPS/DeterminingInterests/EnvironmentalDemands/NoiseLevel.html>
 - Video on Lighting Levels in the workplace <https://do2learn.com/JobTIPS/images/btn-VIDEO.jpg>
 - Job Descriptions:
 - <https://do2learn.com/JobTIPS/DeterminingInterests/JobDescriptions/Overview.html>
 - [Self-Determination Checklist/Student Self-Assessment \(I'm Determined\)\(side 2\)](#)
 - [Self Determination/Self-Advocacy Checklist](#)

- [Games for Learning | Simcoach Games](#)

Free Simulation Apps compatible with most smartphones, iPads and tablets

simcoach
GAMES



JobPro: My Life
Games



JobPro: Get Hired!
Games



JobPro: Get Dressed!
Games



JobPro: Get Prepared!
Games

ABCya.com Educational Games:

- Practice Typing Skills:
 - https://www.abcya.com/games/ghost_typing

- https://www.abcya.com/games/keyboard_challenge
- https://www.abcya.com/games/ghost_typing_jr
- https://www.abcya.com/games/typing_rocket
- Practice Sequence/Order (fulfilling food orders):
 - https://www.abcya.com/games/stack_the_burger
 - https://www.abcya.com/games/alans_pizzeria
 - https://www.abcya.com/games/sugar_sugar
 - https://www.abcya.com/games/sushi_slicer
 - https://www.abcya.com/games/milas_magic_shop
- Practice Monetary Skills:
 - https://www.abcya.com/games/break_the_bank_counting
 - https://www.abcya.com/games/break_the_bank_sorting

6/9/21 Presentation Sources and Additional Resources:

- [Maintaining Skills Over the Summer | Marcus Autism Center](#)
- [How to Create a Flexible Summer Schedule for Your Child with Autism \(livingwellmom.com\)](#)
- [Summer Chore Chart and Schedule for Teens {free download} – Tip Junkie](#)
- [No Screen-time Until \(perfect for kids!\) - PRINT THIS FOR FREE. \(yourmodernfamily.com\)](#)
- [Household chores for kids | Raising Children Network](#)
- [82 Summer Activities for Families with Special Needs - Friendship Circle - Special Needs Blog : Friendship Circle — Special Needs Blog](#)
- [Establishing Routines at Home | Marcus Autism Center](#)

Leisure Activity Ideas:

- Swimming
- Walking Dog
- Bike ride
- Trampoline
- Yoga
- YouTube Exercise videos
- Listening to Podcast
- Music, practicing an instrument
- Art (painting, drawing, coloring)
- Crafts (jewelry making, projects)
- Puzzles, Word Searches, Sudoku
- Reading or listening to book on tape
- Gardening
- Hike
- Checking e-mail
- Meditation and quiet reflection
- Journaling, writing
- Playing with dog outside
- Cooking, baking or finding recipes

Household Chore Ideas:

- Water indoor plants.
- Feed pets
- Clean-up litter box
- Walk dog
- Laundry (sorting, folding and/or running wash)
- Help with choosing meals and shopping
- Help with meal preparation and serving
- Vacuum or sweep floors
- Clean the bathroom sinks and countertops
- Clean bathroom mirrors Empty and load dishwasher
- Handwash and dry dishes
- Mow lawn
- Weed, plant and tend to outdoor garden
- Take out garbage and recycling
- Change bedding
- Steam wrinkled clothes
- Clean refrigerator
- Organize mudroom
- Wash car

Use the schedule template on page 3 and build a balance of activities from above; anything to keep a schedule and doing a variety of tasks.

Time:	Activity:	Complete (Put a Check ✓)
7:30 AM – 9:00 AM	<input type="checkbox"/> Morning Routine	
9:00 AM	<input type="checkbox"/> Leisure Activity or Technology (phone, tablet, laptop, T.V.)	
9:30 AM	<input type="checkbox"/> Reading, watch news or listen to podcast	
10:00 AM	<p style="text-align: center;">< INSERT ONE PHYSICAL ACTIVITY > (e.g., walk, yoga, weights, bike ride, swim, gym, trampoline)</p> <input type="checkbox"/>	
10:45 AM	<p style="text-align: center;"><INSERT TWO CHORES></p> <input type="checkbox"/> <input type="checkbox"/>	
12:00 PM	<input type="checkbox"/> Wash hands & prepare lunch	
12:30 PM	<input type="checkbox"/> Eat Lunch <input type="checkbox"/> clean-up	
1:00 PM	<input type="checkbox"/> Leisure Activities and/or Technology (phone, tablet, laptop, T.V.)	
1:30 PM	<p style="text-align: center;">< INSERT TWO Independent ACTIVITIES ></p> <input type="checkbox"/> <input type="checkbox"/>	
5:30 PM	<input type="checkbox"/> Family time	
6:00 PM	<input type="checkbox"/> Dinner <input type="checkbox"/> Help clean-up	
7:00 PM	<p style="text-align: center;">< INSERT TWO LEISURE ACTIVITITES></p> <input type="checkbox"/> <input type="checkbox"/>	
8:30 PM	<input type="checkbox"/> Evening Routine	
10 PM	<input type="checkbox"/> Reading, journaling, reflection,	
10:15 PM	Go to bed	