

Supporting Changes in Routine

When there are big changes to our daily routine and the way we are living our lives, it may be helpful to use tools such as visual supports or timetables to help us see what our new routine looks like.

Creating our own timetables, social stories checklists and task charts can help us to feel in control of our activities and daily routine.



Some tips for creating a **task chart**:

- 1) Choose a task with a clear beginning and end.
- 2) Break the task down into small steps.
- 3) You could try using pictures of each step.
- 4) Try to use the most suited prompting strategy - Most - to-least prompting for those who require more assistance or get frustrated, or least-to-most prompting for those who reach independence more quickly.

When things are uncertain, it can help to **maintain certain routines** such as sleep, hygiene and mealtimes. This can give structure to the day and make it easier to cope with the uncertainty that is present in the rest of the day.



Social Story
Creator &
Library
Free
(in-app £)



First & Then
£1.99

Time can be a challenging concept, being able to see a visual timer may be helpful to reduce anxiety or to manage activities through the day.



Children's Countdown Timer
Free (in-app £)



Timer +
Free (in-app £)

With a lot of extra time at home it can be challenging to know what to do. It can be overwhelming to make choices about how to fill your time.

Having structured or limited choices may help reduce anxiety but still allow for **choice and control**.



Weekly Choices and Goals



One thing I want to read for fun this week is:.....

One thing I plan to do outside this week is:.....



One game I want to play as a family this week is:.....

One way I plan to get exercise this week is:.....



One way I plan to be helpful this week is:.....

One thing I want to do with this week is:



One film/show I want to watch this week is:.....

One thing I want to learn about this week is:.....



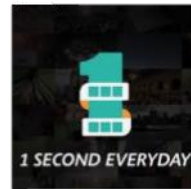
Opportunities for Expression and Communication

Sometimes it can be tricky to find ways to communicate, especially when our usual ways are not possible, or we are finding it hard to share how we feel in words. There are lots of different ways that you could try to express how you are feeling and lots of tools that could help you keep in contact with those outside of your home.

Ideas for self-expression:

Bullet Journal

- Images
- Doodles
- One line a day
- Mood tracker
- A photo a day
- List of things that bring happiness



1 Second Everyday
Video Journal
Free (in-app £)



Pinterest
Ideas for creativity
Free

Comic Strip conversation

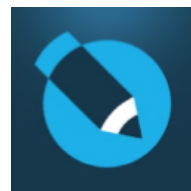


Comic Life
Online Comic Maker
£4.99



Animation Desk
Free (in-app £)

Video Journal



LiveJournal
Video Journal
Free (in-app £)



Journey
Video Journal
Free (in-app £)

Collage, drawing, painting

- How do I feel today
- What does 'happiness' 'worry' etc look/feel like



Communication

As we find new ways to communicate, there are lots of Apps and platforms that can help us to stay in touch.

Finding the right way for you is really important so that you can feel confident and safe to continue to communicate with those that are important to you and can help you to stay connected with your communities.

Bellow are a few free apps that a lot of people are using for chats, phone call and video calls:



FaceTime
Free
(Apple)



WhatsApp
Free



Skype
Free



Facebook
Messenger
Free



Zoom
Free



Google Hangouts
Free

Coping and Calming

During uncertain times it is normal to feel worried or anxious. Having a **calming routine**, mantra or ritual can give you a tool to be able to calm and regulate your overwhelming feeling or worries.

Bellow are some apps and suggestions that you might like to try or give you some ideas so that you can create your own calming routines:



Breathe, Think,
Do with
Sesame
Free



Calm
Free
(in-app £)



Smiling Mind
Free

Mind Bubble Breaths

Sit comfortably, imagine you are holding a bubble wand.

Take a deep breath, as you breath out imagine you are blowing a bubble through the wand.

Breath in, notice your worry. Are you breath out imagine your worry is the bin the bubble, blow it away. Imagine the bubble pops and disappears.

Keep blowing bubbles until you feel ready to go on with your day.

Regular exercise

or movement can have a positive impact on how we are feeling.

Here are a few places to look for ideas and support to get you moving:



[Born to Move](#)



[Yoga with Adriene](#)



[Go Noodle](#)



[The Learning Station](#)



Changes in behaviour

Worry is a normal feeling at times of uncertainty and can be experienced by anyone. However, changes in behaviour can be concerning and you may need to access support from specialist services.

Here are some helpful places to go for support:



Signs and behaviours to be aware of:

- Changes in sleep pattern
- And increase in repetitive behaviours
- Excessive worrying or ruminating
- Increased agitation or irritability
- Decrease in selfcare
- Increased withdrawal

Places to go for support:

[Autism Helpline](#)

Call: 0808 800 4104 (10am-3pm Monday to Friday)

[Young Minds Crisis Messenger](#)

Free confidential support 24/7
Text YM to 85258

[Shout](#)

Free confidential support 24/7
Text SHOUT to 85258

[Childline](#)

Free 24/7 telephone and online chat
Call: 0800 1111

[The Mix](#)

Free confidential telephone and online service
Call: 0808 808 4994 (11am-11pm)

[Children's Society](#)

Online mental health advice for children and young people

[KOOTH](#)

Not in a crisis but just want someone to talk to.
Free online support for young people aged 11-18.