



Find us on Facebook and Instagram for more information daily

<https://www.exceptionallives.org/>

Activities & Resources For While You're Home with Kids with Special Needs

Exceptional Lives is adding to this resource listing every day, so please keep checking back.

Have a question or know of a resource we should add? Please email info@exceptionallives.org. We'd love to hear from you.

This is a list of activities you can do at home with your kids. The list includes learning activities and therapy activities. These resources are specifically for parents of children with disabilities. The list is divided into categories in alphabetical order, including a category just for autism. The section called "Coronavirus Resources" has articles, educational & home-school resources, social stories, and support groups. At the very bottom is a section for adults with disabilities

NAME	AGES	LINK	DESCRIPTION
American Sign Language resources			
180 signed stories	elementary	https://drive.google.com/file/d/1VBjkmmtm5AJsm73Cs1wstV-uN9qM06H/view?fbclid=IwAR36S5AiUk85yz6Ud3gTO1HLi7q59Jdugz_JZxOhFeTluToaiAt3ZYx9F9hs	Bar codes you scan for signed children's stories (with instructions)
ASL storytelling from Mommy Gone Tropical	elementary	https://www.facebook.com/mommygonetropical/?hc_location=ufi	Signed children's stories on Facebook
Aunt Alice's ASL TV	preschool	https://www.youtube.com/playlist?list=PLyKIPO62EsIltCabT92THlqESi0RVglwq&fbclid=IwAR1Sb6GYCaRHJJPLos-FKWWQIsxiWEY3CscVvjexxLU5niR8VWZuVLoUP-c&app=desktop	300+ signed stories on YouTube for preschoolers
Described and Captioned Media Program	children and adults	https://dcmp.org/login?fbclid=IwAR2Fh5s3RzsZaD4JQso1dtF1IacKBxfjBGooldkNxtUjYnfmQ2enhAqzq_k	Described and captioned educational videos for children who are visually impaired, deaf, or hard of hearing (you have to sign up for a free membership)
Did You Know That?	elementary	https://www.youtube.com/channel/UCwzFvhWOBtNjUK5JXX5PHONA/featured	Signed YouTube videos that teach children about interesting facts
ECE's ASL Corpus	preschool, elementary	https://docs.google.com/document/d/1O24VzruF0JSmSANYwLHPdnle6JEWjgZ2IELySB4Ds2c/edit?fbclid=IwAR3hWgm4QwHS_zluhUaAKXMFbPtLGVkU1etBtepWfLLErOJg1N2-TJAi6Gc	ASL vocabulary videos on YouTube
Family Signs	children and adults	https://www.texasdeafed.org/fs	Online sign language instruction program
Assistive Technology			
AAC for Caregivers Manual	elementary	https://static1.squarespace.com/static/5d1cd93071be2d0001425ed6/t/5e78e3f7bf50e4266f706a11/1584980987567/AAC+Caregiver+English.pdf	Resource guide for using augmentative and alternative communication (AAC), including handouts

Accessibility features of Chromebooks and Google Classroom	children and adults	https://www.cpsd.us/cms/One.aspx?portalId=3042869&pageId=69505021	List of accessibility features you can use on Chromebooks and in Google Classroom
Accessibility settings on Ios and Android devices	children and adults	https://www.common sense media.org/special-needs/what-accessibility-settings-on-my-devices-can-help-my-child-with-special-needs	Article about tools to make personal electronic devices accessible
All4mychild social learning apps	elementary	http://all4mychild.com	Apps for iPhone and iPad that work on social development skills
Assistive Technology Supports (NYC Dept of Educ.)	all school ages	https://www.schools.nyc.gov/learn-at-home/activities-for-students/diverse-learning-for-special-populations/assistive-technology	Links to instructions for using various assistive technology devices
Chrome Extensions for Struggling Students and Special Needs	children and adults	https://www.controlaltachieve.com/2016/10/special-needs-extensions.html?fbclid=IwAR0517xGAcDmsYu9rrLYldJux8QEhAloebGYA5hztG0P80OyCsyRD_GK4E	Links to assistive tools that you can put on your computer, such as tools that read a website's text out loud
Google tools to make presentations accessible	all school ages	https://support.google.com/docs/answer/9109474?hl=en	Instructions for using tools like captioning and braille displays in Google Slides
NaturalReader	all school ages	https://www.naturalreaders.com/	Online tool that reads text out loud
Parent Training/Resources	elementary	https://sites.google.com/a/stormspeechtherapy.com/www-stormspeechtherapy-com/augmentative-and-alternative-communication/parent-handouts	Training videos and handouts on strategies for using augmentative and alternative communication (AAC)
Seeing AI	children and adults	https://www.common sense.org/education/app/seeing-ai	Free app that narrates text, pictures, and scenes on iPhones and iPads
Tap Tap See	children and adults	https://www.common sense.org/education/app/taptapsee	App for people with visual impairments that lets you take a picture and then tells you what it is (for Android and iPhone)
Autism			
10 Fun Activities for Children with Autism	preschool, elementary	education.com/magazine/article/10-activities-children-autism/	Craft activities you can do at home
10 Hobbies and Activities to Enjoy With Your Autistic Child	elementary, middle & high school	https://www.verywellhealth.com/hobbies-activities-autistic-child-260365	Recreation activities you can do at home or outside
21 Sensory Activities for Kids with Autism	preschool, elementary	https://www.thisgrandmaifun.com/sensory-activities-kids-autism/	Parent training course in applied behavior analysis (ABA) techniques
Activities for Autistic Adults	adult	https://www.autismgrowup.com/blog/activities	Activity ideas for adults with autism
Alternative learning tools	elementary	https://sites.google.com/pdsb.net/parentpdsbSpeced/home/alternative-learning	Tools for making a home schedule and choosing at-home activities
Calming routine	children and adults	https://afirm.fpg.unc.edu/sites/afirm.fpg.unc.edu/files/covid-resources/Prioritize%20Coping%20and%20Calming%20Skills-Calming%20Routine.pdf	Visual aid for calming down
Coping with Change	preschool, elementary	http://www.autismgames.com.au/	Online games for helping children with moderate to severe autism (some games require Adobe Flash Player)
Do2Learn: online songs and games	preschool, elementary	https://do2learn.com/games/learninggames.htm	Songs and games you can play on the computer (some games require Adobe Flash Player)
Fabulous and Free Autism Resources for Parents	preschool, elementary	http://www.speciallearninghouse.com/free-autism-resources/	Activities you print and do at home
How to Create a Sensory Room for Your Autistic Child	children and adults	https://www.verywellhealth.com/how-to-create-a-sensory-room-for-your-autistic-child-4686413	Instructions for making a sensory room in your home

Kids Activities (the Autism Page blog)	preschool	https://www.theautismpage.com/kids-activities/	Activities you can do at home with kids
Parent Training: Everyday ABA (Boston Med Ctr)	children and adults	https://www.bmc.org/pediatrics-autism-program/parent-training-everyday-aba	Parent training course in applied behavior analysis (ABA) techniques
Parent Working at Home visual	children and adults	https://www.autism-society.org/wp-content/uploads/2020/03/Parent-working-at-home-Visual.pdf	Signs you can print and put on a door that tells your child you are working (one for mom, one for dad)
Tools and Techniques for Students on the Autism Spectrum (Texas Autism Circuit)	children and adults	http://www.autismcircuit.net/	Visual tools you can print out for teaching students with autism, with instructions (you can also enroll for free to watch training webinars)
Children with special needs (not for a specific disability)			
Birdhouse for Teachers	all school ages	https://www.birdhousehq.com/teachers/	Organization tool for teaching children with special needs (basic tool is free, and you can pay for premium options)
Brain Breaks: What You Need to Know	all school ages	https://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/brain-breaks-what-you-need-to-know?utm_source=partnership&utm_medium=organic&utm_campaign=coronaviru&utm_content=article	Ideas for how to give your kids a break from schoolwork
Eye to Eye Empower app	middle, high school	https://apps.apple.com/us/app/eye-to-eye-empower-different-learners/id1192367658	App that helps students make an education advocacy plan (for iPhones and iPads)
ModMath	grades 2-12	https://www.common sense.org/education/app/modmath	App that helps kids write out math problems (for iPhones and iPads)
Skill Champ	preschool, K-3	https://www.common sense.org/education/app/skill-champ#cse-review	Learning app for iPad and iPhone
Special Olympics School of Strength	high school, adults	https://www.specialolympics.org/school-of-strength	Fitness videos
Teach Me To Talk	preschool, elementary	https://www.youtube.com/channel/UCqITx6MI21zh0MLPmPD2PHQ	YouTube videos about working on speech with children
Tools to Grow	preschool, elementary	https://www.toolstogrowot.com/free-therapy-resources/sort/date-new	Activities and resources you can print to work on motor, sensory, and handwriting skills (you have to sign up for a free membership)
UDL Book Builder	grades 1-7	http://bookbuilder.cast.org/	Online tool for creating and publishing digital books
Occupational therapy			
Occupational Therapy Home Activities	preschool, elementary	https://docs.google.com/presentation/d/1FB4DkvGy1U6il7f60Vt3UN-jFB86K69Gse_Bm3ufxB0/mobilepresent?slide=id.g714ae489ec_1697_26	Occupational therapy activities to do at home
Occupational Therapy Supports (NYC Dept of Educ.)	all school ages	https://www.schools.nyc.gov/learn-at-home/activities-for-students/diverse-learning-for-special-populations/occupational-therapy-supporting	Occupational therapy activities to do at home (includes an activity packet you can read on the computer or print)
School-based occupational therapy at home (NESCA)	preschool, elementary	https://nescanewton.com/school-based-occupational-therapy-at-home/?fbclid=IwAR3wFEMnUL56rGRWRW9YbZ5Gnr3-k-pcwnAvSuYCTyQ0S-6Jm5ZFdcW_200	Occupational therapy activities to do at home
Physical therapy			
Physical Therapy Supports (NYC Dept of Educ.)	all school ages	https://www.schools.nyc.gov/learn-at-home/activities-for-students/diverse-learning-for-special-populations/physical-therapy-supports	Physical therapy activities to do at home

Reading and literacy			
Alphabetic Principle & Phonics	preschool, elementary	https://improvingliteracy.org/kit/alphabetic-principle-phonics	Online tools for learning about phonics
BeeLine Reader	grades 4-12	https://www.common sense.org/education/app/beeline-reader	App and browser extension that helps with reading
Bookshare	middle, high school, adults	https://www.bookshare.org/cms/	Online library of books for people with print disabilities, such as blindness or dyslexia (you need proof of disability to get a free membership)
Into the Book	elementary	https://reading.ecb.org/index.html	Interactive reading activities and video programs
Make Beliefs Comix	elementary, middle school	https://www.makebeliefscomix.com/	Website for making comic strips to work on reading, writing, and storytelling
Room Recess	elementary	https://www.roomrecess.com/pages/ReadingGames.html	Online reading games
Starfall	preschool, elementary	https://www.starfall.com/h/index.php	Online reading materials
Supporting Students with Reading Needs	elementary	https://improvingliteracy.org/kit/supporting-students-reading-needs	Online tools for working on reading skills
Speech-language therapy			
Activities and quizzes by Tracy Boyd, SLP	preschool, elementary	https://www.quia.com/pages/havemorefun.html	Language and word games you can play online
Adapted story books (Speech Therapy of the Rocky Mountains)	preschool, elementary	https://www.stormspeechtherapy.com/adapted-story-books	Story books with pictures you can cut out and make sentences with (includes a link to a webinar about how to use this kind of book)
Speech and Language Activities for Home	preschool, grades K-2	https://www.teacherspayteachers.com/Product/AACFunctional-Communication-SLP-E-Learning-ResourcesHandouts-FREEBIE-5326553?fbclid=IwAR1ovq7OyjbgDncke7hbq6rFEVR1wq9vQtsDMGDjuX4HHrkVxMz86cuV34	Speech therapy activities to do at home (you have to sign up for a free account)
Speech and Language Kids	preschool, elementary	https://www.speechandlanguagekids.com/free-speech-language-resources/	Activities and guides for working on speech and language
Speech Buddies	preschool, elementary	https://www.speechbuddy.com/blog/category/parents-corner/	Activities and resources about speech therapy (not all resources on the page are free)
Speech therapy book list	preschool, elementary	https://www.home-speech-home.com/speech-therapy-books.html	List of books for working on speech and language goals
Speech Therapy Supports (NYC Dept of Educ.)	all school ages	https://www.schools.nyc.gov/learn-at-home/activities-for-students/diverse-learning-for-special-populations/speech-therapy-supports	Speech therapy activities to do at home
Speech Time Fun	elementary	https://speectimefun.com/freebies/#	Speech therapy activities (you have to join an email mailing list)
Twenty 5-Minute Speech Therapy Activities You Can Do at Home	children and adults	https://www.home-speech-home.com/twenty-5-minute-speech-therapy-activities-you-can-do-at-home.html?fbclid=IwAR1kp3IEVvxMdUpckFd8gC-jr-R41QUtaqqVD9EaQ09TEnmii0i9-tTNdXM	Speech therapy activities to do at home
CV RESOURCES			
Articles, advice, and additional resources			
Autism			

Autism Focused Intervention Resources and Modules	all school ages	https://afirm.fpg.unc.edu/afirm-modules
Autism Society Facebook page	children and adults	https://www.facebook.com/AutismSociety/?ref=gs&_tn_=%2CdK-R-R&eid=ARAOYYGNq8Y09nnpnHKPu_Uu6f9VLZm1rWyp53lC0Ennp7pOOEOdAAtr8lxSEjtdm3qd72UyApQRO9Xnf&fref=gs&dti=1624230307665009&hc_location=group
Autism Society of Greater New Orleans COVID-19 programs	children and adults	http://www.asgno.org/asgno-covid-19-programs/
Autism Speaks: COVID-19 information and resources	children and adults	https://www.autismspeaks.org/covid-19-information-and-resources
The Benefits of Video-Mediated Instruction	all school ages	https://www.edutopia.org/article/benefits-video-mediated-instruction
Coping with the uncertainty of Coronavirus	children and adults	https://www.autistica.org.uk/what-is-autism/coping-with-uncertainty
Coronavirus: Response & Resources	children and adults	https://www.autism-society.org/covid-19/
He's Extraordinary: Tools for Raising an Extraordinary Person (parenting blog)	preschool, elementary	https://hes-extraordinary.com/category/special-needs/autism
How to Handle School Closures and Services for your Child with Autism	all school ages	https://www.autismspeaks.org/science-news/how-handle-school-closures-and-services-your-child-autism
Quarantine And Chill: 10 Fun Activities When You Are Asked To Stay At Home	high school, adult	https://the-art-of-autism.com/quarantine-and-chill-10-fun-activities-when-you-are-asked-to-stay-at-home/
Supporting children through the coronavirus pandemic – lessons from the autistic community	elementary	https://news.yahoo.com/supporting-children-coronavirus-pandemic-lessons-113934260.html
Supporting Individuals with Autism through Uncertain Times	children and adults	https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times
Talking to your child about tragedy: Six tips for the autism community	children and adults	https://www.autismspeaks.org/expert-opinion/talking-your-child-about-tragedy-six-tips-autism-community
What to Do When Your Child on the Autism Spectrum's Routine Is Disrupted by the Coronavirus	children and adults	https://themighty.com/2020/03/covid-19-autism-routine-disruption/?utm_source=Autism_Page&utm_medium=Facebook&fbclid=IwAR1gQ_ER9t5LN3Tx3npkiBa-jlkVwTSNzY9ARzOY8sQIKy0fWPEm67VJqE
Down Syndrome		
Q&A on COVID-19 and Down Syndrome	children and adults	https://www.dsmig-usa.org/resources/BOD/expanded%20final%20final.pdf
Sign Language resources		
#COVID-19 ASL	children and adults	https://www.youtube.com/playlist?list=PLvrp9lOILTQatwnqm61jqFrsfUB4RKk6J
COVID in International Sign	children and adults	https://www.youtube.com/watch?utm_source=mailchimp&utm_campaign=030096d2e1f0&utm_medium=pag&v=pF22gQdcJJl
Resources that are not for a specific disability		
Coronavirus closed this school. The kids have special needs: "You can't Netflix them all day"	children and adults	https://www.usatoday.com/story/news/education/2020/03/15/coronavirus-school-closings-closures-kids-quarantine-symptoms-special-needs-illinois/5034633002/?utm_source=morning_brew

Coronavirus plain language glossary	middle, high school, adults	https://selfadvocacyinfo.org/wp-content/uploads/2020/04/Words-To-Know-About-the-Coronavirus-in-Plain-Language.pdf	
COVID-19 Communication Rights Toolkit	children and adults	https://communicationfirst.org/covid-19-communication-rights-blog/?fbclid=IwAR3F_EqACABhj_w_73nnBXPTd_xY3jipkI84iSLj8_MhibmFsQBGsRRRY	
Enilda Clinic Resource Library	all school ages	https://www.enildaclinic.com/learning	Learning videos about psychology and child development (includes some videos about ADHD, autism, and home-schooling)
How to Talk About Coronavirus With Kids	all school ages	https://www.understood.org/en/school-learning/how-to-talk-about-coronavirus-with-kids?utm_source=partnership&utm_medium=organic&utm_campaign=coronaviruss&utm_content=article	
It's ok to be scared: Talking about COVID-19 with your kids	all school ages	https://discoveries.childrenshospital.org/talking-to-kids-about-covid19/?utm_campaign=FY20BrandNatlCOVID19&utm_medium=email&utm_source=newsletter&utm_content=may	
Keep AAC germ free during the Coronavirus	children and adults	https://www.assistiveware.com/blog/keep-aac-germ-free-during-the-coronavirus?fbclid=IwAR36Be6t_BAKaG4gqKBswGcOq9U9ehnSTDjt_EgWs602vkoAgSMpVHQ8s	
Kim Rankin blog	all school ages	http://www.kimrankin.com/	Advice and encouragement for parents whose kids are at home because school is canceled
Let's Fight COVID-19 Together with Superhero Me	children and adults	https://www.superherome.sg/covid19	
A Self-Advocate's Guide to COVID-19	middle and high school, adults	http://www.gmsavt.org/wp-content/uploads/2020/05/Part_8_Coronavirus_Plain_Language_Glossary_or_Words_To_Know.pdf	
Telehealth for Kids	all school ages	https://childmind.org/article/telehealth-for-kids/?fbclid=IwAR0KF24FeR8XT0dfvfKM1tYXg9p73tbO8U6SBO3sxqjCSWwY-a7-NV6JEjc	
Video: Watching TV to Improve Social Skills	middle, high school	https://www.understood.org/en/friends-feelings/common-challenges/picking-up-on-social-cues/video-watching-tv-to-improve-social-skills?_u=1*nnpopr*domain_userid*YW1wLTJwcEtuLTNKaG9iVUlvRW4RG9fWkE	Article and YouTube video about how to work on social skills with children when you watch TV with them
We Got This!! - Help for Special Needs Individuals	children and adults	https://www.facebook.com/groups/203526030915935/	
Education and Home School			
Accessibyte online teaching tools for children who are blind, deaf, visually impaired, or have reading difficulties	all school ages	https://www.accessibyte.com/stay-safe	Free for 45 days
Adapt to Home School (Stages Learning Materials)	elementary	http://info.stageslearning.com/covid-19-emergency-autism-education-curriculum	
Apps for Students With Special Needs	all school ages	https://www.edutopia.org/article/apps-students-special-needs-school-buildings-shutter	
Deaf Education Library	all school ages	http://www.deafedlibrary.org	

Distance Learning: 8 Tips to Get Your Child Ready to Learn at Home	all school ages	https://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/online-learning-how-to-prepare-child?_ul=1*127uf1h*domain_userid*YW1wLWNkcDBmWE9SNTg2bF9GMGhzcndJS3c.&utm_source=partnership&utm_medium=organic&utm_campaign=coronavirus-fm-mar20&utm_content=article	
E-Learning for Deaf Kids	all school ages	https://elearningfordeafkids.com/	Educational videos for Deaf and Hard of Hearing students
How to Help Your Special Needs Child Get the Most Out of Home School During Coronavirus Isolation	all school ages	https://www.understood.org/en/school-learning/coronavirus-school-closings-legal-fags?fbclid=IwAR3dT7tPV-ADqvmwepjREeBbmyC-ahqkmK03SQ8aK8-ZMSDZmwguzjZsgm4	
Learning at Home: Sample Schedule & Resources for Elementary School Students with ADHD	elementary	https://www.additudemag.com/learning-at-home-resources-schedule-elementary-school-adhd/?fbclid=IwAR1mx8CZtcKuwBPJDOfhkfy2Kscyhkij2SWEeLuTsRFdaYeHDbBsYgM	
Legal FAQs on Coronavirus, School Closings, and Special Education	all school ages	https://www.understood.org/en/school-learning/coronavirus-school-closings-legal-fags?fbclid=IwAR3dT7tPV-ADqvmwepjREeBbmyC-ahqkmK03SQ8aK8-ZMSDZmwguzjZsgm4	
National Center for Systemic Improvement	all school ages	https://ncsi-library.wested.org/resources?t_id=all	Articles and resources for educating children at home
New DESE Guidance on Special Education Requirements and Remote Learning	all school ages	https://www.mpgfirm.com/dese-update/	
Down Syndrome Resource Foundation: Learn at Home	all school ages	https://www.dsrf.org/programs-&-resources/learn-at-home-5196/	
Special Education Rights and Coronavirus (COVID-19)	all school ages	https://www.mpgfirm.com/covid-19/	
Tips for Families in Supporting Their Children with Disabilities in Virtual Formats	all school ages	https://www.cec.sped.org/-/media/ParentVirtualTipsSWDFinal032420.pdf	
Virtual Activities for Teachers and Families COVID-19	all school ages	http://www.livebinders.com/b/2643652#anchor	
Virtual IEP meeting tip sheets	all school ages	https://www.parentcenterhub.org/virtual-iep-meeting-tip-sheets/	Ideas and strategies for planning and participating in IEP meetings over video
Social stories			
Changes in visits and school schedule (residential schools)	all school ages	https://www.guildhumanservices.org/guild-school/student-education/social-stories	
The Coronavirus	children and adults	https://www.dsrf.org/media/The%20Coronavirus_Kid.pdf	
COVID-19 Information By and For People with Disabilities	children and adults	https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus-accessible-.pdf	
Don't Share Your Germs! A Social Story About Staying Healthy	elementary	https://www.autismsociety-nc.org/wp-content/uploads/Germs-Social-Story.pdf	
Everyone Gets Sick Sometimes	elementary	https://www.autismspeaks.org/sites/default/files/flu_teaching_story_final%20%281%29.pdf	
Masks are Germ-blockers! (and Masks Feel Funny)	elementary	https://www.dremilyking.com/stories?fbclid=IwAR0NbZslbkMeDY8reZvATUVg27D_lbUenhe7z9BE95Lp-sR5AWrObCRy8JQ	
We Are Heroes: A Plain Language Guide about Covid-19	children and adults	https://a4aontario.com/wp-content/uploads/2020/03/Covid_Guide_A4AOntario.pdf	
What is the Coronavirus?	preschool, elementary	https://theautismeducator.ie/2020/03/11/corona-virus-social-story/?fbclid=IwAR1Jwrm2ROVQwZJV1od2T-q5ahp476NuAVNnM2zuvXRLT1nBiQCHB3Mm1IU	

