

Autism Spectrum Disorder

Emily is a 10-year-old girl diagnosed with autism spectrum disorder (ASD) and has learning difficulties. She is in the 4th grade and attends a mainstream classroom with a personal support teacher. Emily has trouble with social interaction and communication. She struggles with understanding nonverbal cues, such as facial expressions and body language, and often engages in repetitive behaviors. She also experiences anxiety in social situations and has trouble making friends. Emily has difficulty with executive functioning skills and has trouble with organization, planning, and prioritizing. She also has difficulties with memory retention and recall. Emily has a specific learning disability in mathematics and struggles with basic concepts such as addition, subtraction, and multiplication. She also has difficulties with reading and writing, and requires accommodations such as extra time on tests and the use of assistive technology. Emily has a tendency to engage in repetitive behaviors and can become easily frustrated, leading to outbursts of anger. She also has trouble regulating her emotions and can become overwhelmed, leading to meltdowns.

In order to support children with Autism Spectrum Disorder (ASD) in the classroom, an action plan can be developed to identify and address their learning difficulties. This plan involves using games and exercises to help children with ASD develop their communication, social skills, and sensory integration. The following action plan can be used in an educational setting to identify and address her needs:

Step 1: Observe and Assess. The first step is for the teacher to observe Emily's behavior in the classroom and assess her strengths and areas of difficulty. The teacher can use informal assessments such as checklists and observation notes to gather data.

Step 2: Sensory Exercises. Sensory exercises can help Emily regulate her emotions and behavior. The teacher can incorporate sensory activities such as deep breathing exercises, yoga poses, and mindfulness activities into the classroom routine. These exercises can help Emily self-regulate and stay focused during class.

Step 3: Communication Games. Communication games can help Emily improve her social skills and communication. The teacher can use games such as "Guess Who?" or "Charades" to encourage Emily to engage in social interactions with her peers. These games can also help Emily practise her communication skills in a fun and engaging way.

Step 4: Visual Supports. Visual supports such as picture schedules and social stories can help Emily understand classroom routines and expectations. The teacher can create visual schedules for Emily to follow during the school day. The teacher can also create social stories that explain expected behaviours in different situations, such as how to take turns during group work.

Step 5: Learning Games. Learning games can help Emily engage with academic content in a fun and interactive way. The teacher can use games such as "Jeopardy"

or "Hangman" to review academic content. These games can help Emily stay engaged and motivated during class.

Step 6: Positive Reinforcement. Positive reinforcement strategies can help Emily develop positive behaviours in the classroom. The teacher can use praise, rewards, and token economies to encourage positive behaviour. These strategies can help Emily feel successful and motivated to continue positive behaviours.

Step 7: Regular Monitoring. The teacher should regularly monitor Emily's progress and make adjustments to the plan as needed. The team should meet regularly to discuss Emily's progress and adjust the plan as needed to ensure her needs are being met.

In conclusion, an action plan with games/exercises for Emily involves observation and assessment, collaboration, sensory exercises, communication games, visual supports, learning games, positive reinforcement, and regular monitoring. The plan should be individualised to meet Emily's specific needs and should be monitored regularly to ensure progress is being made. With the right support and interventions, Emily can succeed academically and socially.

Games:

"Guess Who?" - <https://www.twinkl.it/resource/t-t-11758-guess-who-game>

"Charades" -

https://www.youtube.com/watch?v=5YPSfaEGTQ0&ab_channel=wikiHow

"Hangman" - [https://en.wikipedia.org/wiki/Hangman_\(game\)](https://en.wikipedia.org/wiki/Hangman_(game))

"Jeopardy" -

https://www.youtube.com/watch?v=B5NbCOCGQ_Q&ab_channel=Jeopardy%21