



SCHOOL YEAR RESILIENCY DURING A PANDEMIC

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This webinar will focus on school resiliency. With the COVID 19 rates rising, many schools are switching from in person to virtual to hybrid and back again. For those individuals with autism who need structure and routine, these constant changes and disruptions are difficult. This video provides some tools and strategies that may help them, and you, be more resilient.

- [Visual Schedules](#)
- [Distance Learning Social Story](#)
- [IEP Resources](#)

KEY TAKEAWAYS

- Visual schedules can help bolster resiliency.
- Include children in creating fun virtual school activities.
- Modeling resiliency and kindness can help our children become more resilient.
- Keep the same bedtime routine.
- Seek help for your child if their mental health is deteriorating.
- Self-care for caregivers is vital.

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