

## **FASD Resources, Activities and Apps for Teachers and Families**

### **Prepared by NOFAS**

Helping a child reach his or her developmental potential is always a challenge. Families raising children with fetal alcohol spectrum disorders (FASDs) can face many additional obstacles, including learning disabilities, problems with self-regulation and executive functioning (i.e., planning and organizing), as well as possible physical issues. Children with FASDs also might struggle with understanding math concepts (e.g., time and money), decision making, making friends, poor judgment and impulse control, problems with short and long term memory, trouble understanding social cues, and over/under sensitivity to touch, light, sound, taste, and smell.

Experiencing childhood challenges in these areas often result in lifelong problems. Without support, parents, educators and caretakers might be left feeling frustrated, confused, and even hopeless. Research has shown that the earlier children with FASDs receive appropriate evidence-based interventions, the better their outcomes.

NOFAS has compiled a list of websites and materials that can make learning easier and fun for students with an FASD. *We hope you find these resources useful!*

### **Educational Strategies and Curriculum for Teaching Students with FASD**

#### **8 Magic Keys-DVD**

This is a short 21-minute animated video that introduces the topic of Fetal Alcohol Spectrum Disorders (FASD). It demonstrates key strategies that have been proven to help students who experience brain-based disorders become more successful in school and in life. Scenarios depicted in this video represent both secondary and elementary situations. Join Mario as he talks about what it is like to live with an FASD. Mario collects all of the 8 Magic Keys with the support of friends, educators and family.

**Credits:** Concepts by Deb Evensen and Jan Lutke

Reproduced and Distributed by NOFAS and Produced by the Anchorage School District: ASD Tube Anchorage, Alaska

Video Content: Cheryl Johnson, Barb Loutrel and Frank Butto

With input from the Anchorage School District FASD Committee

**Order here:** <http://www.nofas.org/8-magic-keys-dvd/>

#### **NOFAS Webinar: Triumph: Educating Students with an FAS**

**Link:** <https://www.youtube.com/watch?v=hE--enwtgel&feature=youtu.be>

Presenter: Sr. Suzette Fisher, SND, M.Ed.,Ed.S., Director of Client Services and FASD Specialist;  
Published on January 21, 2015

Presenter Bio: The webinar features Sister Suzette Fisher of Double Arc/NOFAS Ohio. Sr. Suzette earned her Master and Specialist Degrees in Education from Bowling Green State University. In 1992 she co-founded Double ARC, Ohio NOFAS Affiliate, and soon after became immersed in the field of FASD. **Contact her here:** 419.890.1290 [sfisher@arenewedmindservices.org](mailto:sfisher@arenewedmindservices.org)

**Triumph: Through the challenges of fetal alcohol syndrome Teacher and Parent Workbook.** The NOFAS Ohio Affiliate, Double ARC has developed and tested separate training curricula for parents and teachers.

- The parent curriculum describes the core deficits of children with FAS and related conditions, teaches effective parenting techniques addressing these deficits, and directs parents to service resources for children, including school programs.
- The curriculum for teachers describes FAS and related conditions, ways to recognize children who might have the condition, and approaches to enhancing school performance. Double ARC has also created a video on FAS available for use with the curriculum.

**Purchase at:** <http://www.doublearc.org/facilitator-training/>

**NOFAS Webinar: Students with FASD: Simple Strategies for Behavioral and Academic Success**

**Link:** <https://www.youtube.com/watch?v=65zuBANPYrI&feature=youtu.be>

Presenter: Deb Evensen, MA; Published on Sep 30, 2015.

Presenter Bio: Deb Evensen, MA, an outspoken advocate for those living with FASD, is a master teacher and behavior specialist with more than 40 years experience teaching children, adolescents and adults. She has been a pioneer in discovering practical solutions that work for individuals with Fetal Alcohol Spectrum Disorders. She brings the unique perspective of one who has spent thousands of hours helping to find solutions within schools and communities across North America facing FASD.

**Tapping Hidden Strengths -- Planning for Students who are Alcohol-Affected**

This is a planning resource intended to provide a support for student service administrators, principals, classroom teachers, resource teachers, school counsellors, clinicians, and other community professionals who will help in assisting schools in developing approaches for students who are alcohol-affected.

This resource will address the spectrum of students who are alcohol-affected, including those diagnosed with Fetal Alcohol Syndrome (FAS), partial Fetal Alcohol Syndrome (pFAS), Alcohol-Related Neurodevelopmental Disorder (ARND), and Alcohol-Related Birth Defects (ARBD)

**Link to PDF:** [http://www.edu.gov.mb.ca/k12/specedu/fas/pdf/FASD\\_Document.pdf](http://www.edu.gov.mb.ca/k12/specedu/fas/pdf/FASD_Document.pdf)

CONTACT FOR MORE INFO: Program and Student Services, Manitoba Education

Telephone: 204-945-7907

Toll Free in Manitoba: 1-800-282-8069, ext. 7907 Email: [pssbinfo@gov.mb.com](mailto:pssbinfo@gov.mb.com)

**DO2Learn.com Teachers' Toolbox:** Providing the proper expectations, interventions, and supports can help individuals with special needs to succeed and learn the skills they need to lead productive lives. While this material is based on techniques that have proven effective for special needs, the tips may be of value for individuals with a range of other disorders that result in behavior, social, and learning problems.

**Teacher Toolbox:** <http://www.do2learn.com/disabilities/FASDtoolbox/index.htm>

**Fetal Alcohol Spectrum Disorders Educational Strategies Handbook: The Fetal**

Alcohol Spectrum Disorders (FASD) Education Strategies Handbook is a product of the National Organization on Fetal Alcohol Syndrome-South Dakota (NOFAS-SD) at the Center for Disabilities. The FASD Education Strategies Handbook is a reference guide to be used with students suspected of having a Fetal Alcohol Spectrum Disorder (FASD) or who have been diagnosed with an FASD.

Link:

[file:///C:/Users/ddeer/OneDrive/Documents/Partners%20Laptop/Laptop/FASD/Resources/Education/Education%20Strategies%20\(South%20Dakota\).pdf](file:///C:/Users/ddeer/OneDrive/Documents/Partners%20Laptop/Laptop/FASD/Resources/Education/Education%20Strategies%20(South%20Dakota).pdf)

**Florida's challenge: A guide to educating substance-exposed children:** The videotape and participant workbook are designed for teachers of substance-exposed children. The training includes medical aspects, the home and community environment, the school and classroom environment, and behaviors and interventions.

View at: <https://archive.org/details/gov.ntis.ava19300vnb1>

**Risk and reality: Teaching preschool children affected by substance abuse.** - In recent years, preschool and elementary school teachers have noted increases in behavior concerns and developmental delays, possibly caused by prenatal drug or alcohol exposure. This document notes that it is more important to ascertain the children's challenges than the causes. It describes the most promising practices identified for improving the learning of children at risk, whatever the reason.

U.S. Department of Health and Human Services and the U.S. Department of Education. (1994).

Link: <http://files.eric.ed.gov/fulltext/ED462131.pdf>

**Hope for Children Living with FASD: 4 Programs That Work!**; The Centers for Disease Control and Prevention's National Center on Birth Defects and Developmental Disabilities has developed evidence-based interventions to address some of the core deficits commonly experienced by children with FASD: self-regulation, executive functioning, social skills, and math skills. In conjunction with CDC, NOFAS has published the Hope for Children Living with FASD brochure describing these scientifically valid and proven interventions and how to access them.

Brochure link: <https://www.nofas.org/hope-for-children-living-with-fasd-4-programs-that-work/>

**Reach Teach: Educating Elementary and Middle School Children with Fetal Alcohol Spectrum Disorders- Substance Abuse and Mental Health Services Administration**

Provides a resource for parents and teachers to use in educating elementary and middle school children with fetal alcohol spectrum disorders (FASD). Discusses FASD in the classroom and strategies for improving school success and parent-teacher communication.

Link: [http://www.ldanys.org/images/uploads/misc/1278434038\\_SAMHSA%20-%20Reach%20To%20Teach%20Final%20011107-1.pdf](http://www.ldanys.org/images/uploads/misc/1278434038_SAMHSA%20-%20Reach%20To%20Teach%20Final%20011107-1.pdf)

**Helpful Tips for Working with Students with FAS-** It is important to implement strategies that address the needs of the *individual* with FASD. These strategies across home, school, and community contexts are great recommendations from **Do2learn**.

**Do2learn** provides thousands of free pages with social skills and behavioral regulation activities and guidance, learning songs and games, communication cards, academic material, and transition guides for employment and life skills. In addition, they offer premier products including View2do, JobTIPS, FACELAND, books, and apps for purchase.

**Link:** [http://www.do2learn.com/disabilities/CharacteristicsAndStrategies/FASD\\_Strategies.html](http://www.do2learn.com/disabilities/CharacteristicsAndStrategies/FASD_Strategies.html)

**Doorway Online-** is a new collection of free learning activities provided by the Scottish Borders Council. The suite comprises highly accessible educational activities that learners will find easy to use independently. Each exercise has range of accessibility and difficulty options. Literacy, math, touch typing and memory/matching

**Link:** <http://doorwayonline.org.uk/>

### Teaching Math to Students with an FASD

**The Math and Interactive Learning Experience Program (MILE)** was created to support, educate, and empower caregivers and teachers to work with children to improve behavior and arousal to achieve learning readiness and math skills. The intervention involves parent training, teacher training, and individualized math instruction for children. Parents and teachers are taught about the special educational needs of children with FASDs and instructed on how to incorporate the MILE learning concepts into daily life at home and at school.

*Focus areas of the MILE Program include;*

- Enhanced communication between parents/caregivers and teachers and other school staff
- Teaching self-regulation strategies
- Teaching of metacognitive strategies
- Providing the basis for future math development

*For more information on how to receive training to become a MILE instructor or more information about this program, email Dr. Taddeo at [etaddeo@emory.edu](mailto:etaddeo@emory.edu) or call 404-712-9800*

**Link:** <http://msacd.emory.edu/Research/MILE.html>

**Practical Money Skills for Life-** Approved by the [Council for Exceptional Children](#), these lesson plans enable students with learning disabilities to gain important personal finance skills.

**Link:** [https://www.practicalmoneyskills.com/foreducators/lesson\\_plans/special.php](https://www.practicalmoneyskills.com/foreducators/lesson_plans/special.php)

**Math is Fun-** Interactive math site for teaching essential math skills

**Link:** <http://www.mathsisfun.com/>

### Improving Attention

**Attention building games for kids with special needs-** Use these cognitive exercises to help your child build concentration and improve their symptoms.

**Link:** <http://www.empoweringparents.com/Five-Simple-Brain-Exercise-Activities-for-Your-ADHD-Child.php>

**Fourteen 15-Minute Activities-** From storytelling to problem solving, these activities can be used to help fill in the dreaded gaps that are experienced between lessons or activities.

**Link:** [http://www.educationworld.com/a\\_lesson/lesson168.shtml](http://www.educationworld.com/a_lesson/lesson168.shtml)

### Improving Social Skills

→ Children with fetal alcohol spectrum disorders (FASD) have significant social skills deficits. These links and strategies will be helpful for individuals with FASD to improve upon these skills.

**Addressing Social Skills-**Use these skills and techniques to help teach your child the social skills they need to interact with others.

**Link:** <http://www.speechandlanguagekids.com/social-skills-resource-page/>

**Do2learn** provides thousands of free pages with social skills and behavioral regulation activities and guidance, learning songs and games, communication cards, academic material, and transition guides for employment and life skills. In addition, they offer premier products including View2do, JobTIPS, FACELAND, books, and apps for purchase.

**Link:** [http://do2learn.com/disabilities/CharacteristicsAndStrategies/FASD\\_Strategies.html](http://do2learn.com/disabilities/CharacteristicsAndStrategies/FASD_Strategies.html)

**Improving Social Behavior-** Some children and adults with special needs struggle in the area of social interactions. These difficulties may be influenced by deficits in self-regulation, processing, analysis of spatial information, and cognitive flexibility. This long list of activities can help teach children to successful with social exchanges.

**Link:** <http://do2learn.com/SocialSkills/SocialBehavior/index.htm>

**The Families Moving Forward (FMF) Program** helps children with fetal alcohol spectrum disorders (FASD), their families, and the professionals who care for them. It is a positive parenting program designed for children from ages 3 to 13 (approximately).

Some of the aims of the Families Moving Forward Program:

- Support parents and help them better understand their children who are affected by prenatal alcohol
- Give parents new skills and strategies to use when caring for their children with FASD
- Enable teachers and health care providers, as well as family members, to recognize the signs of FASD
- Train health care providers in evidence-based services they can offer to families with alcohol-affected children
- Encourage family progress in a positive direction
- Restore hope and optimism to families caring for children with FASD
- Reduce the chance that children affected by prenatal alcohol will have secondary disabilities later in life

If you think you might need treatment for a child with FASD, please call us at (206) 987-7581 and Visit:

<http://depts.washington.edu/fmffasd/FMF-FASD-Intervention>

**Good Buddies:** The social deficits that are often involved with FASDs can have a significant negative impact on children who are not able to make or keep friends. Without peer social support, these children are more likely to experience behavioral and emotional difficulties. Having at least one or two close friendships can act as a buffer for children against low self-esteem, depression, and anxiety. Good Buddies was developed to give children with an FASD social skills training to help make this process easier. Children and parents attend 12 separate 60-75 minute sessions concurrently.

Children learn:

-Communication skills, Peer entry techniques, Play strategies

*Parents learn* :How to assist their children in making and keeping friends, How to practice social skills with their children

Children who participate in the intervention demonstrate improved overall social skills, reduced problem behaviors, and show a greater understanding of appropriate social behaviors compared to children who don't participate in Good Buddies. Children continue to show improvement at 3-month follow-up assessments. This intervention has been successfully implemented in community, university, and medical based settings.

You can order the Good Buddies Trainer and Therapist Workbooks by contacting [moconnor@mednet.ucla.edu](mailto:moconnor@mednet.ucla.edu) or 310-206-6528

### **Improving Fine and Gross Motor Skills**

- ➔ Motor skills play an important role in a child's development, independence and success at school and at home. Below is a list of activities that are both fun and educational to improve a child's fine and gross motor skills.

**Little Hands Big Work-** Blog of Activities for Kids to Improve Fine Motor Skills- This blog, called "Little Hands, Big Work" has great preschool learning activities. Lots of montessori-esque activities and skills.

**Link:** <http://www.littlehandsbigwork.com/search?updated-max=2010-06-05T12:15:00-07:00&max-results=7>

**Stretchies Bands for Gross Motor Skills-** Using things you already have in your home, download creativity cards to play this fun activity with your child.

**Link:** <http://thismamamakesstuff.com/2010/07/making-stuff-shape-stretchies-for-creative-movement/>

**OT Website-** Pick skill you want to work on and materials you have and will come up with an activity- Lists activities to develop fine motor skills using common household items.

**Link:** <https://otplan.com/activities/>

**Dandelion Seed Project Using Fine Motor Skills-** This activity allowed us to work on following verbal directions, fine motor control, gross motor control, facial movements, counting, color recognition, letter sounds, and the concept of seeds.

**Link:** <http://frozenintime81.blogspot.com/2013/04/making-wishes-dandelion-seeds.html>

**Activities to Promote Fine Motor Skills-** Learn about materials that can promote fine motor skills along with some activities to do with them.

**Link:** <http://handsonaswegrow.com/fine-motor-skills-activities/>

**Number Punch- Counting Practice and Hand Muscle Strength-** Using only paper, scissors, markers, and a single hole punch, this fun activity will help strengthen the hand muscles your child will need for writing.

**Link:** [http://totallytots.blogspot.com/2012/07/number-punchsimply-made.html?utm\\_source=feedburner&utm\\_medium=feed&utm\\_campaign=Feed:+TotallyTots+%28Totally+Tots%29&utm\\_content=Google+Reader](http://totallytots.blogspot.com/2012/07/number-punchsimply-made.html?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed:+TotallyTots+%28Totally+Tots%29&utm_content=Google+Reader)

**Gross Motor Obstacle Course Jumping Backwards-** This very simple to create obstacle course will help your child foster their gross motor skills.

**Link:** <http://www.adventuresathomewithmum.blogspot.com.au/2013/02/easy-gross-motor-obstacle-course.html>

**DIY Balance Board-** Craft a kid-friendly version of the classic plate-balancing act and award a prize to the one who balances the barrel the longest.

**Link** <http://www.parents.com/fun/birthdays/themes/circus-theme-birthday-party/?page=4#page=4>

**Activities to Improve Upper Body Strength and Balance-** Gross motor activities create an opportunity for lots of fun and games. Some games include bean bags, yoga balls, balancing, and animal games.

**Link:** <http://www.the-special-needs-child.com/Gross-motor-activities.html>

### Emotional Regulation

**PACT- Parents and Children Together:** One of the primary struggles that children with FASDs face are deficits in self-regulation and executive functioning. These deficits can exist in the form of poor impulse control as well as a lack of intrinsic motivation to start or complete tasks, poor memory and inattention. The Parents and Children Together (PACT) intervention was designed to help children with FASDs and their parents team strategies to cope with these difficulties. The program consists of 12 group therapy sessions (90 minutes each) in which parents and children participate in their own groups. The parent and caregivers group focuses on education about FASDs and program topics while the children learn:

- Body and emotional awareness
- Planning skills
- Emotion labeling
- Self-monitoring and self-regulation
- Memory building
- Self-esteem development
- To compensate for weaknesses
- To build upon existing skills and strengths

For more information about PACT, visit [www.childstudy.org](http://www.childstudy.org) or email [irachasnoff@gmail.com](mailto:irachasnoff@gmail.com)

### **Managing Emotions FASD Tip Sheet**

**Link:** <https://edmontonfetalalcoholnetwork.org/2013/04/24/managing-emotions-fasd-tip-sheet/>

### **Anger Map Worksheet- Free Anger and Feelings Worksheets for Kids**

**Link:** <http://www.freehomeschooldeals.com/free-anger-and-feelings-worksheets-for-kids/>

### **What Can I Do Problem Solving Wheel**

**Link:** <https://www.pinterest.com/pin/542894930050989660/>

### **Reducing Stress in Kids**

**Link:** <https://stressfreekids.com/>

### **“Safe Spot” comfortable fort area for kids to calm down**

**Link:** <https://www.pinterest.com/pin/542894930050989607/>

### **Strategies to Help Kids Calm Down**

**Link:** <http://www.encourageplay.com/blog/10-strategies-to-help-kids-calm-down>

**The Incredible 5 Point Scale-** This unique hands-on activity helps students who are highly anxious cope with their stress by systematizing social and emotional information.

**Link:** <http://www.5pointscale.com/>

### **Addressing Sensory Issues**

→ *Sensory processing* is a general term which hypothesizes that a range of interaction exists between neurological processing of sensory input and behavioral responses. Sensory-processing impairments in individuals with FASD have been linked to a wide range of difficulties, including problems with motor coordination, language, visual perceptual skills, behavior, attention, learning, and emotional regulation. The links below provide more information on these sensory topics.

**KNOW FASD:** This site introduces the neurobehavioral difficulties that may appear throughout the lifespan of individuals with FASD. It is important to recognize that, being a spectrum disorder, FASD can look different for different individuals. Not all individuals with FASD will experience all of the issues presented here. However, this site summarizes the common neurobehavioral features of FASD found in current research. The problems presented on this site are not necessarily gender specific.

**Link:** <https://knowfasd-webpro.ualberta.ca/>

**Fall sensory activities to do with your child with special needs-** Learn about sensory activities with the leaves including raking leaves, jumping in the pile, playing hide and seek, and making a leaf race.

**Link:** <http://www.friendshipcircle.org/blog/2012/10/23/14-fall-sensory-activities-for-your-child-with-special-needs/>

**Soft Taco Swing-** Helps to promote the vestibular system by providing uniform pressure around the entire body. The pressure will actually help calm an over-stimulated child, help with self-regulation or help keep the child in a neutral state.

**Link:** <https://www.pinterest.com/pin/542894930050989546/>

**Easy Sensory Bags-** Inexpensive craft for your toddler to learn sensory skills!

**Link:** <http://mamaot.com/2012/09/23/easy-sensory-bags-for-babies-and-toddlers/>

**Sensory Activities for Toddlers**

**Link:** <http://kidsactivitiesblog.com/18896/sensory-activities-one-year-olds>

**Parent's Guide to DIY Therapy Equipment**

**Link:** <http://wecandoallthings.blogspot.com.au/2012/07/parents-guide-to-diy-therapy-equipment.html>

**Bicycle Design for Children with Disabilities**

**Link:** <http://www.tuvie.com/bicycle-design-for-people-with-disabilities/>

**Exercise Ball for Sensory Input**

**Link:** <http://www.mymundaneandmiraculouslife.com/ways-to-use-exercise-ball-for-sensory/?spref=pi>

### **Materials for High School Students and Transitioning Youth to Adulthood**

**Bridging to Adulthood: A Protocol for Transitioning Students with Exceptional Needs from School to**

**Community** The document is intended for transition planning partners, including Manitoba Family Services and Housing, designated agencies, Child and Family Services Authorities and Agencies, Manitoba Health and Healthy Living, regional health authorities and their programs and services, Manitoba Education and educators in Manitoba.

**Link:** [https://www.gov.mb.ca/healthychild//publications/protocol\\_swsn.pdf](https://www.gov.mb.ca/healthychild//publications/protocol_swsn.pdf)

**A Parent's Perspective—Tools for the High School Student with LD-** In this [audio podcast](#), Salle, the mother of a high school student with Aphasia, discusses the LEAD (Learning and Education about Disabilities) program at her daughter Hillary's school. **Link:**

<https://www.ncl.org/wp-content/uploads/2014/11/parent-perspective-tools-for-high-school-hilary.mp3>

**Supporting Success for Adults Living with FASD:** This booklet offers an introduction to Fetal Alcohol Spectrum Disorder and suggested accommodations to assist in supporting these citizens. It can be used as a tool as you develop your own knowledge and ways to support success. At the back, there is a list of other resources and websites that may also be helpful along that journey.

**Link:** <http://www.communitylivingbc.ca/wp-content/uploads/Supporting-Success-for-Adults-with-FASD.pdf>

### **Family and Teaching Activities for Children with FASD**

**Starfall-** Starfall is a free public service to motivate children to read with phonics. The systematic phonics approach, in conjunction with phonemic awareness practice is perfect for preschool, kindergarten, first grade, second grade, special education

**Link:** <http://www.starfall.com/>

**Activities When Kids Need a Break-** When your child needs a break from school work or long activities, tips on how to keep them energized and focused!  
**Link:** <http://www.minds-in-bloom.com/2012/04/20-three-minute-brain-breaks.html>

**Sound Matching Activity-** A collection of 10 favorite activities for teaching letters and sounds with the directions for each activity. The alphabet bags can either be used at home or at school  
**Link:** <http://blog.maketaketeach.com/10-activities-for-teaching-and-practicing-letters-and-sounds/>

**Chore Chart for Kids-** Creative 'mother's blog' with crafts to help children do their chores.  
**Link:**<http://www.mynameissnickerdoodle.com/2012/08/do-i-hear-1000.html?m=1>

**Masking Tape Indoor Games-** Use masking tape to create indoor games and family activities on your carpet. Play games such as Hopscotch, Bulls-eye Bowling, Tic-Tac-Toe, Balance Beam, and many more.  
**Link:** <http://www.whattoexpect.com/blogs/astudentatmamauniversity/indoor-family-activities-just-add-masking-tape>

**Book Shelf Sandbox-**Get creative and use your old bookcase as a sandbox! It's quick and easy and your child will love it.  
**Link:** <http://www.thehomesihavemade.com/2012/10/color-block-sandbox-wayfair-diy.html>

**Bubble Wrap Hopscotch-** Reuse your bubble wrap for a fun hopscotch game your kids will love!  
**Link:** <https://www.pinterest.com/pin/542894930050989540/>

**Emotions and Animals Dice Game-** Great game to teach young children about emotions through a creative charade-like dice game.  
**Link:** <http://craftgawker.com/post/2011/09/14/24714/>

**Doctor Pretend Play Kit-** Here you can find some pretend medical forms for kid's who love playing doctor. Visit the website and print them out for free!  
**Link:** <http://professorpoppins.blogspot.com/2013/03/doctor-pretend-play-kit.html>

**Printable Reward Cards-** Check out this website to access free printable materials for endless hours of fun playing pretend.  
**Link:** <http://professorpoppins.blogspot.com/p/free-printables.html>

**Wikki Stix Create Your Own Race Track-** Great activity to foster fine motor play, visual perceptual skills, and most importantly, fun play with some matchbox cars!  
**Link:** <http://www.sugaraunts.com/2013/04/create-your-own-race-trackfine-motor.html>

**Learning How to Tell Time Activity-** Help your child understand the abstract concept of time using this fun activity.  
**Link:** <https://carrotsareorange.com/?s=learning+to+tell+time>

**Storyline Online; Screen Actors Guild Foundation**- Classic children's stories read by actors from the Screen Actors Guild. Also provides downloadable activity guides. (Example- "Harry the Dirty Dog" Read by Betty White. (For all ages!)

Link: <http://www.storylineonline.net/>

**Grammar Blast** - grades 2-5, basic sentence, nouns, pronouns, adjectives, capitalization, punctuation, verbs, adverbs, and prepositions- grouped according to grade. 10 question quizzes

Link: [http://www.eduplace.com/kids/hme/k\\_5/quizzes/](http://www.eduplace.com/kids/hme/k_5/quizzes/)

**Bright Ideas for Writing**- from *Houghton Mifflin Company*, grades 1-2, and 3-5

Link: [http://www.eduplace.com/kids/hme/k\\_5/brightideas/](http://www.eduplace.com/kids/hme/k_5/brightideas/)

**10 Restaurant Waiting Games for Kid**- Avoid melt downs, whining, and crying with these very easy games you can make and play while waiting at restaurants!

Link: <http://www.repeatcrafterme.com/2012/04/10-restaurant-waiting-games-to-play.html>

**Family Game Night**- Try out these fun and creative games for your next family game night!

Link: <http://www.housingaforest.com/minute-to-win-it/>

Game Ideas for Kids <https://starfishtherapies.wordpress.com/tag/games/>

### **APPS for Smartphone, Tablets or Computers**

#### **Bob Books Reading Magic (\$2.99)**

- "Teaches your child how to make the connection between letters and sounds; sound out simple words; and spell the words they've read.

#### **Bugs and Buttons (\$2.99)**

- Teaches counting, path finding, and patterns, sorting and tracking as well as fine motor skills.

#### **Dexteria (\$5.99)**

- Therapeutic hand exercises (not games) to improve fine motor skills. Activities take full advantage of the multi-touch interface to help build strength, control, and dexterity.

#### **My Playhome (\$3.99)**

- Play skills are encouraged just as much as learning skills and this app helps kids practice. Social interaction and play skills are key therapeutic targets for kids with learning disabilities. For children with motor planning challenges, the simplicity of playing house or tea party with a friend on the iPad allows them to show others all they know and engage in reciprocal social imaginative play, sometimes for the very first time, without having to manipulate 3-D objects.

#### **Balloonimals (\$1.99)**

- Use this in the classroom as reinforces for students during their one-on-one teaching sessions. This helps with motivation and teaches the children that good things happen when you follow directions. These simple touch-and-respond apps are also nice for teaching developmentally delayed young children about cause and effect.

**Endless Alphabet (\$8.99)**

- Endless Alphabet features words for every letter of the alphabet, but instead of the typical “A is for apple,” “B is for boy” words, Endless Alphabet features words like “artistic,” “gargantuan” and “nosey” which will certainly set the stage well for an impressive vocabulary. This is another kind of app that we use for both positive reinforcement and also for exposure to academic curriculum that is found in any Pre-K classroom. It includes captivating animation and music that is easy to remember and makes learning fun and interactive.

**Social Skill Builder Lite (In app purchases)**

- “Interactive videos teach key social thinking, language and behavior that are critical to everyday living. Specifically helps teach problem solving and friendship/life skills, critical thinking, emotions, and consequences.

**Proloquo2Go (\$249.99)**

- AAC app.

**Choiceworks (\$9.99)**

- Provides a template to create a great visual schedule, which makes daily transitions and routines more predictable and therefore less stressful for many kids.

**Pictello (\$18.99)**

- Pictello is an app that creates talking photo albums and books and can be a great visual and audio way to share stories. Apps that provide opportunities for adults and children to create social stories together are a fantastic resource for families. These stories can be used to help a child understand behavioral expectations, prepare for a new situation such as a trip to the doctor or a new school, or process a challenging situation that has occurred.

**Pop Math (FREE)**

- This Lite version of the Wired Kids Choice Award app introduces basic addition and makes it fun for your kids.

**Kid in Story Book Maker (\$8.99)**

- This story-making app is especially useful to help children with disabilities prepare for trips and transitions. The stories they are able to put together of travels and personal experiences can be shared with family, as well as his therapy team and teachers.

### [Craft Ideas for All Ages](#)

**KinderArt-** Art lessons online by grade level-

**Link:** <https://kinderart.com/art-lessons-by-grade/>

**Q-tip Painting Printable Template-** This is a great activity for working on distal control as it slows movements and requires focus to place paint dots inside of each circle.

**Link:** <http://therapyfunzone.net/blog/q-tip-painting-with-templates/>

**Big Box Town-** Reuse your old boxes by decorating them and putting them together to create a town!  
**Link:** <https://picklebums.com/what-to-do-with-a-big-box-make-a-town/>

**50 Art Projects for 3-5 Year Olds-** From shadow boxes to spin art, find the perfect craft to do with your child.  
**Link:** <http://www.mericherry.com/2015/01/24/art-projects-3-5-year-olds/>

**Crafts and Ideas!** -This is a collaborative board for ideas in teaching students with disabilities in the secondary grades (middle/high/adult). **Link:**  
<https://www.pinterest.com/drchrisreeve/awesome-secondary-special-educators-ideas/>

**Fun Activities for Children-** Here are some tips and fun things to do with your child if they have a disability or additional needs.  
**Link:** <http://www.familylives.org.uk/advice/your-family/special-educational-needs/fun-things-to-try-with-disabled-children/>

## Preventing FASD in the Classroom

### **K-12 FASD Education and Prevention Curriculum**

The NOFAS Kindergarten through 12th Grade (K-12) FASD Education and Prevention Curriculum is an innovative, first-of-its-kind program that has been proven successful in classrooms across the United States. The curriculum is both educational and fun and consists of the following four modules:

**Order the entire curriculum for \$75 + shipping by clicking the link or contact NOFAS:**

**Email:** [information@nofas.org](mailto:information@nofas.org)

**LINK:** <http://www.nofas.org/k-12-curriculum-2/>



### ***Kindergarten through Second Grade***

This module incorporates the children's book, **Karli and the Star of the Week**. This colorfully illustrated story teaches youth to be tolerant and accepting of all individuals regardless of their capabilities or disabilities. Unit includes a storybook, lesson plan, and a CD-ROM with teacher background information, 30 minutes.

### ***Third through Fifth Grade***

This unit presents a healthy lifestyle model that teaches students to distinguish harmful substances from healthy substances, including the dangers that alcohol can have on a body. The lesson emphasizes healthy choices through the use of **memory games** and **puzzles**. Unit includes a lesson plan and a CD-ROM containing teacher background information and activity sheets, 45 minutes.

### ***Sixth through Eighth Grade***

This module introduces an anatomical learning approach with an emphasis on the physical affects that alcohol has on the brain. This is shown through the use of a CD-ROM and materials on how alcohol use affects brain development. Unit includes a lesson plan, and a CD-ROM with teacher background information and activity sheets, 45 minutes.

### ***Ninth through Twelfth Grade***

This student **favorite** and **NOFAS exclusive** includes excerpts from the popular television show **Law & Order: SVU** that will engage your students in decision-making discussions related to alcohol use and pregnancy. The lesson presents students with extensive information on FASD and the importance of avoiding alcohol during pregnancy. Unit includes a lesson plan, **Law & Order: SVU** excerpts, and a CD-ROM with teacher background information and activity sheets, 45 minutes.

### **Karli and the Star of the Week: (\$15)**

Developed by NOFAS to educate children about accepting themselves and others regardless of individual capabilities or disabilities

**Order by contacting NOFAS at:** [information@nofas.org](mailto:information@nofas.org)

**The Better Safe Than Sorry Curriculum:** designed to promote education regarding alcohol-related birth defects and their prevention. This curriculum is designed to be flexible with respect to a range of student ages and experiences as well as the amount of class time that can be set aside for this topic. National Institute on Alcohol Abuse and Alcoholism (NIAAA) publication.

**Link:** <http://pubs.niaaa.nih.gov/publications/Science/curriculum.html>

**An Ounce of Prevention (DVD):** This short, contemporary drama engages students in a setting with which they can relate, while weaving some humor into teaching about the serious realities of Fetal Alcohol Syndrome and Fetal Alcohol Spectrum Disorder. You'll hear heartbreaking testimony from a real Mom who binge drank one time during her pregnancy and from her son, who suffers from the effects to this day.

This impactful DVD includes a fact sheet, background information on FAS and FASD, a glossary and student assessment. It is designed for use in high school parenting/FACS classes as well as health classes and other venues appropriate for discussion of preventing alcohol-related birth defects.

**To order, call Realityworks at 1-800.830.1416.**

**Link:** <https://www.realityworks.com/product/dvd-an-ounce-of-prevention/>

**A Child for Life (DVD):** Produced by NOFAS United Kingdom (NOFASUK), A Child for Life is a 22-min educational film explaining FASD and including interviews with experts, families, and children affected by FASD.

**\$35.00, Order by contacting NOFAS at:** [information@nofas.org](mailto:information@nofas.org)

**In Our Own Words (DVD):** A NOFAS produced, hour long DVD where you'll hear personal stories from children and adults affected by FASD. It is an excellent source for teachers, FASD trainers, healthcare providers, and students.

**\$20.00, order here:** <http://www.nofas.org/order/>

**Recovering Hope (DVD):** an intimate and evocative video about the mothers and families of children who are affected by FASD. Eight women tell their personal stories and is intended to be viewed by women in recovery and individuals in counseling sessions due to it's discussion and treatment segment.

**\$20.00, order here:** <http://www.nofas.org/order/>

### **Recommended Books for Families and others interested in FASD**

**The Broken Cord: A Family's Ongoing Struggle With Fetal Alcohol Syndrome (\$12.21)**

*A skilled writer and expert on Native Americans tells the deeply moving story of his adopted son Abel, who suffers from Fetal Alcohol Syndrome.*

**Link to purchase:** [http://www.amazon.com/Broken-Cord-Michael-Dorris/dp/0060916826/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1445890324&sr=1-1&keywords=the+broken+chord](http://www.amazon.com/Broken-Cord-Michael-Dorris/dp/0060916826/ref=sr_1_1?s=books&ie=UTF8&qid=1445890324&sr=1-1&keywords=the+broken+chord)

**Fantastic Antone Succeeds: Experiences in Educating Children with Fetal Alcohol Syndrome (\$27.95)**

*Fantastic Antone Succeeds provides practical tools and strategies that can help alcohol-affected individuals and their families lead happier, more productive lives. (Chapter book, 366 pages)*

**Link to purchase:**

[http://www.amazon.com/gp/product/091200665X?keywords=fantastic%20antone%20succeeds&qid=1445890266&ref=sr\\_1\\_1&s=books&sr=1-1](http://www.amazon.com/gp/product/091200665X?keywords=fantastic%20antone%20succeeds&qid=1445890266&ref=sr_1_1&s=books&sr=1-1)

**Fantastic Antone Grows Up (\$24.95)**

*In this sequel to Fantastic Antone Succeeds, young people with FAS/E and their caregivers report on their experiences coping with the problems of adolescence and young adulthood. (21 Chapters)*

**Link to purchase:** [http://www.amazon.com/Fantastic-Antone-Grows-Up-Adolescents/dp/1889963119/ref=pd\\_sim\\_14\\_2?ie=UTF8&dpID=51pXpgXykIL&dpSrc=sims&preST=AC\\_UL160\\_SR106%2C160\\_&refRID=020A6A2YRPD10ZAE4QQZ](http://www.amazon.com/Fantastic-Antone-Grows-Up-Adolescents/dp/1889963119/ref=pd_sim_14_2?ie=UTF8&dpID=51pXpgXykIL&dpSrc=sims&preST=AC_UL160_SR106%2C160_&refRID=020A6A2YRPD10ZAE4QQZ)