

Giant Step's multitude of resources to look at while in quarantine

Here is a fabulous list of resources that you can tap into to share and enjoy with your children while sheltering at home. Special thanks to Marla Cable and the Giant Steps Resource and Training Centre for sharing this list with *Inspirations* readers.

Sites Web

1. Capsules éducatives du Zoo de Granby (spécialement pour la quarantaine)
<https://www.facebook.com/zoogranby/>
<https://zoodegranby.com/fr/videos?number=9&cat=865>
2. Capsules de l'Astrolab du Mont-Mégantic (aussi pendant la quarantaine)
<https://www.facebook.com/MontMegantic/>
3. Une grande compilation de podcasts, de vidéos et d'activités éducatives pour les enfants:
https://taleming.com/occuper-enfants-maison-coronavirus/?fbclid=IwAR089doz0ukdSEiSqyN7qwL321UmSGgtDDVf_UwFDxeQnfcVwkTNOewB2oY
4. Une autre liste de jeux, contes, bricolages, musées, films proposée par le site Naître et grandir...
https://naitreetgrandir.com/fr/nouvelles/2020/03/19/activites-ligne-occuper-enfants-coronavirus/?utm_source=infolettre&utm_medium=email&date=2020-03-21&utm_campaign=infolettre13ans-w153&utm_content=actualite&iu=334847&p=26
5. Liste d'activités par niveau scolaire proposée par Pearson (site reconnu en évaluation en psy et en langage) <https://www.pearsonerpi.com/fr/apprendre-et-enseigner-ou-que-vous-soyez/je-suis-parent>
6. Une ressource maintenant rendue gratuite pendant la quarantaine pour les élèves du primaire et du secondaire <https://www.editionscec.com/mon-sac-decole-virtuel?fbclid=IwAR1G5PtNSte2KGjwqs46nT0TB2bd5vaQwfuuX9Krr6skJ-iwbudxxX0k3kc>
7. Jeu interactif en ligne (Comme le Bonhomme Pendu- les enfants plus vieux peuvent jouer avec des amis) <https://skribbl.io/>
8. Giant Steps Pinterest <https://www.pinterest.ca/ressources/>
9. Giant Steps Facebook <https://www.facebook.com/giantstepsmontreal>
10. Giant Steps Twitter <https://twitter.com/GiantStepsQC>

11. École ouverte - <https://www.ecoleouverte.ca/en/resources/browse/7?sid=2>
12. Pepit et des exercices éducatif https://carrefour-education.qc.ca/sites_web_commentes/pepit_des_exercices_ducatifs_pour_tous?fbclid=IwAR0P8ikU_cMEj6YvBVjKYiOnujoKv8S3dorrBXXYPrne2Hgdly_xDEkithE
13. Collège St. Anne liste de ressources http://innovation.sainteanne.ca/outilsprofs/?fbclid=IwAR1IAaqSjikWF9lsoqSYYQV8x6_Ti_6m7ZBFF2GLOS6acqGvtjGK9PoPVQ

Behavior Support Websites

Behaviors

<https://www.gardenacademy.org/news/2020/3/20/temporary-strategies-for-avoiding-or-reducing-problem-behavior-in-the-home-setting>

Covid 19 worries supports

<https://www.ecoleouverte.ca/fr/pages/inquiet>
<https://www.ecoleouverte.ca/en/pages/inquiet>

Défi Soi: Ça va bien aller (Université de Montréal: carnet de ressources)

https://www.cavaaller.ca/?utm_source=infolettre&utm_medium=infolettre_Cavaaller&utm_campaign=Cavaaller_04-2020&utm_content=cavaaller_activites&mc_cid=1f2944583e&mc_eid=9d7a61b9af#activites

Mental Health

<https://www.quebec.ca/en/health/advice-and-prevention/mental-health/anxiety-in-children/>
<https://www.quebec.ca/sante/conseils-et-prevention/sante-mentale/anxiete-chez-les-enfants/>

Learning strategies

<http://www.ldonline.org/questions/teaching#5093>

LigneParents (ligne d'écoute sans frais : 1 800 361-5085) (in french only)

Ce service d'intervention confidentiel et gratuit est offert jour et nuit à tous les parents d'enfants de 0 à 20 ans. Le service est assuré par des intervenants professionnels.

Online Support: Facebook McGill Student Hub support groups, meditation, are classes..

https://www.facebook.com/mcgillstuserv/?tn=%2Cd%2CP-R&eid=ARBED6fbOPts28FKhFGA6VYV5J27m4_I4hq3yJS69-MURG4eAYGNyX1e1GRFM4nthBKB4hxKCoNR-8oz

The Student Wellness Hub has daily virtual programming to help support you and keep you feeling connected. In addition to daily Zen in 10 right here on Facebook Live, you can also catch Art Hive Live on the [McGill Art Hive Initiative](#), or a variety of online workshops. Visit www.mcgill.ca/covidsupport for a full list of activities, and to register.

Socialization; Friendship circle has gone online

<https://www.facebook.com/groups/210303023392193>

"In collaboration with Friendship Circle's worldwide, we've created daily virtual programs for young people with special needs and their families. Our programs include music, art, improv, karate, yoga, cooking, Zumba, sensory activities, talent shows and more. Our daily Lounge program allows teens and young adults with special needs to connect with one another in a laid-back environment. We set up over 100 friends and counting for virtual friendship dates; reconnecting special friends to their typical buddies. Friends play games, listen to music, and dance together

at their weekly meet-ups. We set up our first virtual parent event to connect, entertain, and inspire one another during these challenging and uncertain times.”

Coronavirus Specific Resources:

Click the link to be redirected to the page

- [What's COVID-19? – National Autism Society](#)
- [Pandemics and the Coronavirus – A Social Story by Carol Gray](#)
- [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)
- [Video: How to Explain COVID-19 Social Distancing to Kids](#)
- [COVID-19: I Can Help – A Social Story by Carol Gray](#) (covers handwashing & “invisibility” of viruses)
- [Handwashing Visual Steps Poster – N2Y](#)
- [Social narrative: Don't share germs! – Autism Society NC](#)
- [Autism and the Corona virus: 20 tips – Autism in Context](#)
- [Parent/Caregiver Guide on How to Help Kids and Family Members Cope – NCTSN](#)
- [Helping autistic kids cope with the chaos and uncertainty of coronavirus – Washington Post](#)
- [Someday – A Story of Hope for-Children by Carol Gray](#)
- [Watching a Pandemic on Television- A Social Story by Carol Gray](#)
- [What to Do When Your Child on the Autism Spectrum's Routine Is Disrupted by the Coronavirus – The Mighty](#)
- [How to handle school closures and services for your child with autism – Autism Speaks](#)
- [How to handle clinical care during social distancing and school/program closures – Autism Speaks](#)
- [Supporting Individuals with Autism through Uncertain Times – UNC FPG Child Development Institute](#) (includes resources for understanding COVID-19, communication/expression tools, coping/calming skills, managing routines & more)

Insights from Autistic Adults

- [Be Mindful, Be Present, Be You: How to Handle Crisis Anxiety – Becca Lory Hector, CAS, BCCS](#)
- [Thoughts from a Quarantined Autistic – Autistically Alex](#)
- [Autistic in the Pandemic: A Call to Action – Thinking Autism Guide](#)

Websites with ideas

1. 150 Sensory Learning

Ideas https://inclusiveteach.com/2020/03/20/150-sensory-learning-ideas/?fbclid=IwAR2xBxYUahXhBZdT_5RhG1rUvxqBGen2NUe878j9RwHL1jY3CTCtklyFk7A

2. Virtual visits to museums http://mcn.edu/a-guide-to-virtual-museum-resources/?fbclid=IwAR2mWUksUIb6rh0PfX2jBEm86N_zl85x_f6U1SuXnYdTP573VLXZ8T6d_Gc

3. Nasa library resources https://www.diyphotography.net/nasa-makes-entire-media-library-publicly-accessible-copyright-free/?fbclid=IwAR0utztt1wRlv7_liaY-A3u8ibTzR_XZQm09IFE-dEAivDe2J2qOfCwA0Q4

4. **Mindset Songs** <https://biglifejournal.com/blogs/blog/motivational-songs-growth-mindset-kids>
5. **Mindset books** https://biglifejournal.com/blogs/blog/top-growth-mindset-books-children-adults?_pos=3&_sid=c546355b6&_ss=r
6. **Top 30 Kindness and Friendship Movies for Families**https://biglifejournal.com/blogs/blog/top-kindness-friendship-movies?_pos=2&_sid=f2aa156e2&_ss=r
7. **80 Songs that Inspire a Growth Mindset**
<https://biglifejournal.com/blogs/blog/motivational-songs-growth-mindset-kids>
8. **Top 75 Growth Mindset Movies for Children**
https://biglifejournal.com/blogs/blog/growth-mindset-movies-children?_pos=1&_sid=f2aa156e2&_ss=r
9. **Giant Steps Pinterest page** <https://www.pinterest.ca/ressources/>
10. **Giant Steps Facebook page**
<https://www.facebook.com/giantstepsmontreal>
11. **Giant Steps Twitter page** <https://twitter.com/GiantStepsQC>
12. **Distance Learning for Special Education**
https://sites.google.com/view/distance-learning-specialed/home?fbclid=IwAR2TEoutiCw-3W2B9swz6zJjqJprY0_u6iavzm0RvuqVAejw3-Qp3A5C6Qc
13. **Virtual museums**
https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?fbclid=IwAR17p2MVHK3HJlpi4sku3y68CMGK0vxOFz-pGiqL-nHvU0RLQzvpdnxx_k
14. **Learn Quebec-** <https://www.learnquebec.ca/home>
15. **Paper Airplanes -** <https://www.laboiteverte.fr/34-modeles-davions-en-papier-avec-des-instructions-tres-detaillees/?fbclid=IwAR01cZRE5aF64LvFttHHf4NWJjqAhoIZnTou77EU6essfhaG2ctsFUf1Fnc>
16. **Outdoor activities** <https://www.thisgrandmaisfun.com/20-diy-backyard-games/>
17. **Dr. Seuss**
<https://www.seussville.com/?fbclid=IwAR11aXEVurrl9CLy8snm0QzvvAS0uWJGoDCMzdZ28ziFcNE9GDmKUHylgal>
18. **British Columbia resource list for parents**
<https://www.sd73.bc.ca/en/community-parents-and-students/parent-resource-page.aspx#>
19. **Science activities** <https://letstalkscience.ca/educational-resources/interactives/solutioneers-episode-1-unexpected-variable>

http://www.autisme-france.fr/offres/doc_inline_src/577/COVID-19_Autisme_VF_0.pdf