



1 Day Parent Carer Workshop

Participant Workbook



positive partnerships

Working together to support autistic school-aged students

Foreword

For most of my life I assumed I had culture shock, my family moved around the world and I observed a variety of cultures and learnt to speak several languages. I was always an outsider or a foreigner, whether at home, school or work. It is an interesting way to be, being on the outside always peering in, trying to make sense of what you see. Now I understand my semipermanent culture shock was a result of my neurodiversity: I am from a different culture to many of those I have observed, my sense of belonging, of a place among my own, is within the autistic community.

As an inquisitive child, I begged my parents to send me to school, aged three, as I could read and I wanted to learn to write and had it fixed in my head that school was where you learnt this skill. I still remember the large wooden half-barrel filled almost to the top with sand where I learnt how to form individual letters. The way the sand moved beneath my finger and a letter appeared on the surface of the sand. If it wasn't quite right, it was easy to remove and replace with a new letter that was closer to what I wanted.

I went to eight schools in total and some of them were much easier than others. At a small boarding school in the Lake District in England, the teachers provided me with work at or just above my level, insisting that I continue to learn in-depth as well as across a range of subjects. This resulted in me doing high school Latin and Maths and English alongside my peers. I struggled with biology and excelled in physics, with no understanding of how I could find some areas so easy and others so difficult.

Making friends is incredibly hard, although saying goodbye is very easy, a gift when you move home, school and country so much as a child. My educational successes were driven by a family and teachers who believed in my educational abilities and skills and challenged me to improve in all areas. In contrast struggles at school nearly all led to being viewed as challenging, rude, inappropriate or obnoxious. A literal understanding of language combined with a difficulty in interpreting social situations and social norms created a myriad of problems.

In the primary years, I usually only had one or two friends at each school, often losing touch as soon as I moved school. In high school I became part of the group created by all the people who did not belong to any other friendship group. I learnt how hard it is to understand whether people are good friends or using you and how much of authority is a social construct that I could not comprehend. My literal understanding of language continued though I learnt how to understand idioms, slang and other non-literal language, it all depended on context. I continued to get into trouble and to get my friends into trouble too. It took me about ten years to understand why we were given detention after a maths class when I had been laughing in response to the teacher's comment that: "that table will get detention if it doesn't stop talking."

When I left school, I decided to train as a teacher – a pragmatic response to high unemployment that resulted in a rewarding and enjoyable career. I found out that I love teaching as much as I love learning and have collected a number of diverse qualifications over the years, from massage therapy through to business management, Montessori teaching, special education and general education, culminating in a PhD looking at the context of teaching autistic students in the mainstream in New Zealand.

Along this pathway, I discovered that the most effective teaching of autistic students is that which is based in respect and value of the skills and strengths inherent in autism and collaboration between schools and families and other support agencies and professionals. Support that is strengths and interest-based fosters joy in learning and harnesses the hyperfocus that can be both beneficial and constraining for learning at school.

I discovered that large numbers of 'mini-me's' were perceived to have less potential than their classmates because teachers, parents and other professionals assumed that the difficulties of autism outweighed the benefits in both the short and long-term. This drove me to seek assessment and evaluation, and a diagnosis of Asperger's followed swiftly.

I have three pieces of advice for parents/carers, teachers, other professionals, support staff and school leaders of autistic students;

- Believe in the potential of your students, with nurture and the right environmental supports and strengths-based teaching, the potential of autistic students is phenomenal; no matter their speech or written communication level
- Always say what you mean, mean what you say and really hear what autistic students are trying to communicate through their bodies, art, music, words and more
- Value and accept our autistic reality is different to the experiences of non-autistics, we can experience great joy from the tiniest thing, but also great suffering from something that may not affect you at all.

I am pleased that autistic voices are becoming more prevalent in the conversation about the best ways to support autistic students to achieve their potential. It is only through open and honest collaboration that we can ensure the next generation of autistic children will be able to live happily in ways that maximise their achievements across a range of areas.

Dr Emma Goodall

Autistic, author, blogger, daughter, education advisor, educator, parent, partner, sister.

Positive Partnerships is funded by the Australian Government Department of Education. The views expressed within this program do not necessarily represent the views of the Australian Government or the Australian Government Department of Education.

Positive Partnerships is delivered by Aspect (Autism Spectrum Australia).

This work is licensed under a Creative Commons Attribution 4.0 International License. Copyright Australian Government Department of Education.

Positive Partnerships values and recognises the diversity of Aboriginal and Torres Strait Islander cultures and heritage and their proud part in Australia's national identity. We acknowledge and continue to learn about Australia's colonial past and the historic and ongoing impacts on Australia's First Nations people. We believe in and strongly support the Truth-telling of Australia's colonial history and in moving forward as a nation we must encourage open, honest dialogue and build relationships built on respect and trust.

Disclaimer

Every attempt has been made to ensure the accuracy of the information presented at the time of publication. If you are aware of any information that requires updating please contact Positive Partnerships on 1300 881 971 or positivepartnerships@positivepartnerships.com.au

Overview of Workshop: 1 Day PC

Time	Topic
9:15 am – 9:45 am	Session 1 Welcome and introductions
9:45 am – 11:00 am	Session 2 Diversity of autism
11:00 am – 11:15 am	Morning tea
11:15 am – 12:25 pm	Session 2 continued Diversity of autism
12:25 – 1:15pm	Session 3 Sensory Processing
1:15 pm – 1:45 pm	Lunch
1:45 pm – 2:05 pm	Session 3 continued Sensory Processing
2:05pm – 2:55pm	Session 4 Working in partnerships
2:55 pm – 3:00 pm	Questions, feedback.

Using this participant guide

To access a copy of the slides from this workshop, as well as all the resources, documents and videos, scan this QR code or visit the following link:

<https://www.positivepartnerships.com.au/workshops-online-learning/workshops/parent-and-carer-workshop-resources>



This participant guide contains slide images, key activities and resources used during the workshop.
There is space provided throughout the guide to write any notes.

All of our workshop content is evidence informed by the latest research. To access our reference list for this workshop, scan this QR code or visit the following link:

<https://www.positivepartnerships.com.au/workshops-online-learning/workshops/references>



Session 1

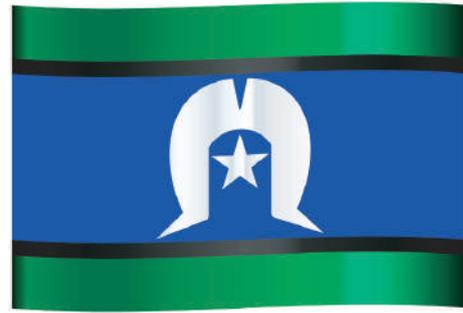


Parent / Carer Workshop

Session 1 Welcome and introductions



Acknowledgement of Country



Statement of reconciliation



We at Positive Partnerships value and recognise the diversity of Aboriginal and Torres Strait Islander cultures and heritage and their proud part in Australia's national identity. We acknowledge and continue to learn about Australia's colonial past and the historic and ongoing impacts on Australia's First Nations people. We believe in and strongly support the Truth-telling of Australia's colonial history and in moving forward as a nation we must encourage open, honest dialogue and build relationships built on respect and trust.

First Nations people are advised that this workshop may contain images and voices of people who are no longer with us.



House keeping



Tea / Coffee



Exits



Facilities



Phones



No Smoking / Vaping



Workbook

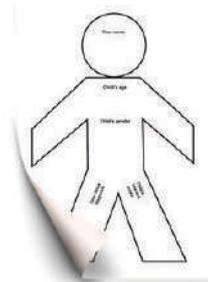


Other Information



Evaluation

Introductions



Everyone is welcome at this workshop. We want you to feel that it is ok to be authentically yourself.

Please let us know if there is anything we can do that helps to include you in the workshop.

Everyone is welcome to use their own strategies to help them engage and to participate effectively.

What will the workshop be like?



It will sound like...

- a sharing of participants knowledge, skills and experiences
- experiences and opinions being respected
- large and small group discussions



It will look like...

- some movement
- use of visual supports and film clips



It will feel like...

- a safe place
- learning from and with each other

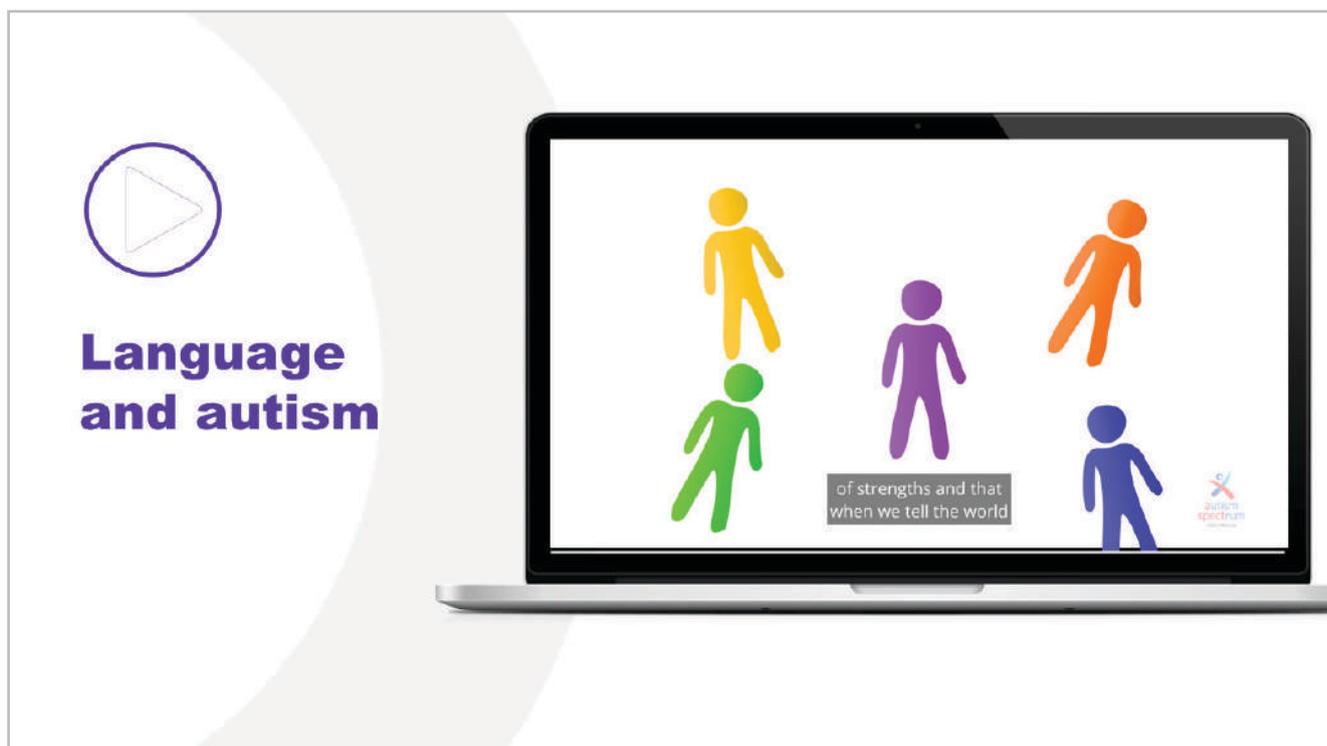
Our learning agreement

- Be confidential
- Be supportive
- Be respectful



Workshop overview

9:15 – 9:45	Introduction
9:45 – 11:00	Diversity of autism
11:00 – 11:15	MORNING TEA
11:15 – 12:25	Diversity of autism continued
12:25 – 1:15	Sensory processing
1:15 – 1:45	LUNCH
1:45 – 2:05	Sensory continued
2:05 – 2:55	Working in partnerships
2:55 – 3:00	Questions, Feedback



Key information:

- People use different words to talk about autism, and each person will have their own way of talking about autism and about themselves.
- Some people in the autistic and autism communities like to use 'autistic person' (identity-first language), some like to say 'person with autism' (person-first language), and some are fine with using either.
- Some autistic people identify as having a disability, while others do not.
- It is always good to ask your young person (or their family, if appropriate) what they prefer.
- The Australian Government uses identity-first language, Autistic person or Autistic people. This approach is supported by current research.

References/Links:

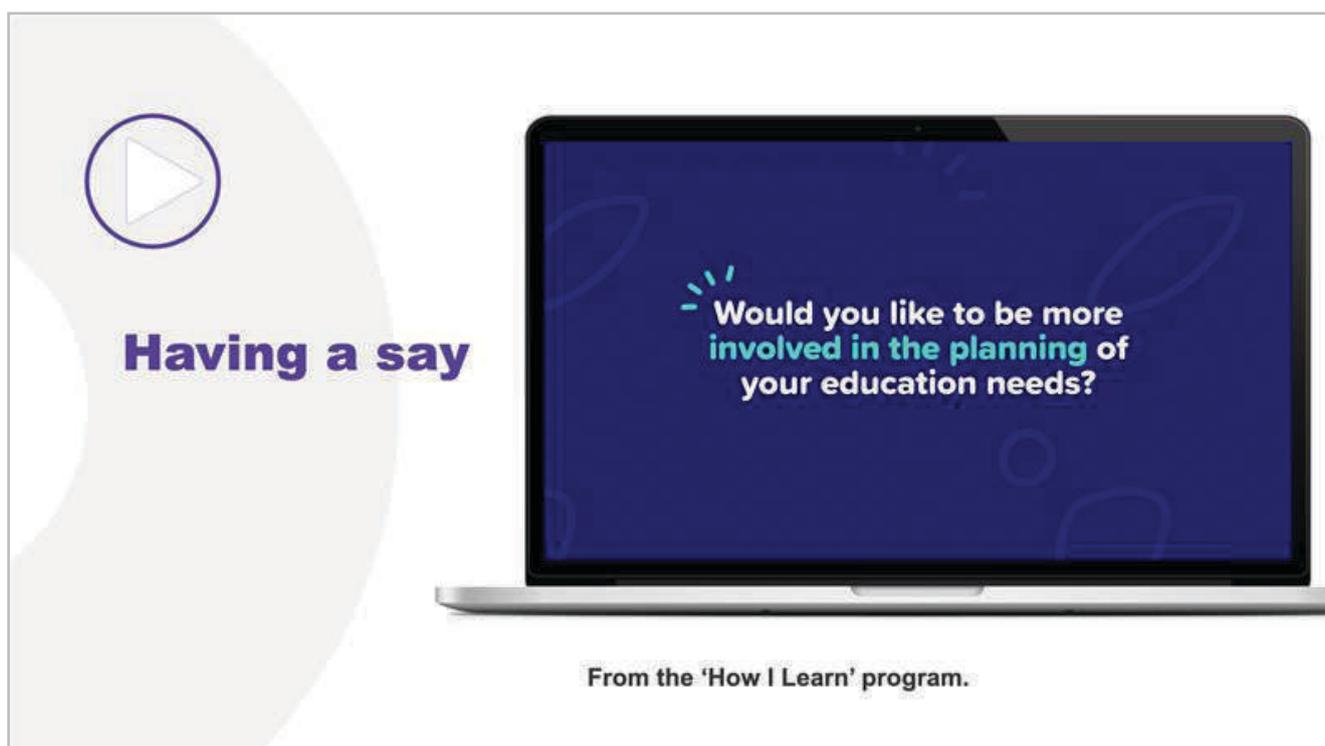
- Bottema-Beutel, K., Kapp, S. K., Lester, J. N., Sasson, N. J., & Hand, B. N. (2021). Avoiding ableist language: Suggestions for autism researchers. *Autism in Adulthood*, 3(1), 18-29.
- Bradshaw, P., Pickett, C., van Driel, M. L., Brooker, K., & Urbanowicz, A. (2021). 'Autistic' or 'with autism'? *Australian Journal of General Practice*, 50(3), 104-108.
- Kenny, L., Hattersley, C., Molins, B., Buckley, C., Povey, C., & Pellicano, E. (2016). Which terms should be used to describe autism? Perspectives from the UK autism community. *Autism*, 20(4), 442-462.
- Livingston LA, Happé F. Conceptualising compensation in neurodevelopmental disorders: Reflections from autism spectrum disorder. *Neurosci Biobehav Rev*. 2017;80:729–742. DOI: 10.1016/j.neubiorev.2017.06.005 Crossref, Medline, Google Scholar



Being centered around our young people

Key information:

- The United Nations Convention on the Rights of the Child recognises that children have rights and are entitled to be involved in decisions that affect them in accordance with their evolving capacities.
- Article 12 highlights that all children are capable of forming a view- no matter their age or their disability. They just might need help to express their views. All children have their own life experiences, fears, ideas and concerns which can contribute to decision making.
- This article states that in order to be able to express their views, children with disabilities must be provided with:
 - information which is relevant, accessible, appropriate and presented in formats and at a level they understand, including through Augmentative and Alternative Communication systems.
 - the space, time, encouragement and support to express their views.
 - safety to express their views without fear of criticism or punishment.
 - this article also states that children have a right, not an obligation, to express their views.
 - for children of school age, this includes the student's right to express their perspective about their school experience.
- The Disability Standards for Education (2005), often referred to as the DSE, says that educators are required to consult with a student to ensure reasonable adjustments are made to enable the students to access learning.
- This article also states that children have a right, not an obligation, to express their views.
- Consultation is when someone is asked to share their thoughts, feelings and opinions. When students are consulted this is often called student voice.
- Some children and young people will be able to tell the school what will help them. Some students will need support to tell the school what will help them.
- All children and young people need to be provided with the opportunities to have a say about their education in a way that meets their needs.



Key information:

- Children and young people provide unique knowledge, insights and perspectives into their own lives - they are experts on themselves and can often tell you what they want and need (UNICEF, 2012).
- Research shows that children with disabilities are often offered less opportunities for choice than their peers without disabilities.
- Young people with disabilities also often have more adult intervention in their lives.
- It is documented that professionals may have lower expectations of individuals with a disability.
- If your child does not communicate using speech, you might like to consider using picture representations, using their technology supports or supporting them to communicate their choices through gestures.

References/Links:

- How I Learn – student perspectives <https://vimeo.com/358596812>
- NCCD Introduction to the *Disability Discrimination Act 1992* and the Disability Standards for Education 2005 <https://www.nccd.edu.au/tools/introduction-dda-and-standards-presentation>

Notes:

Session 2



Session 2 Diversity of autism

Session Overview



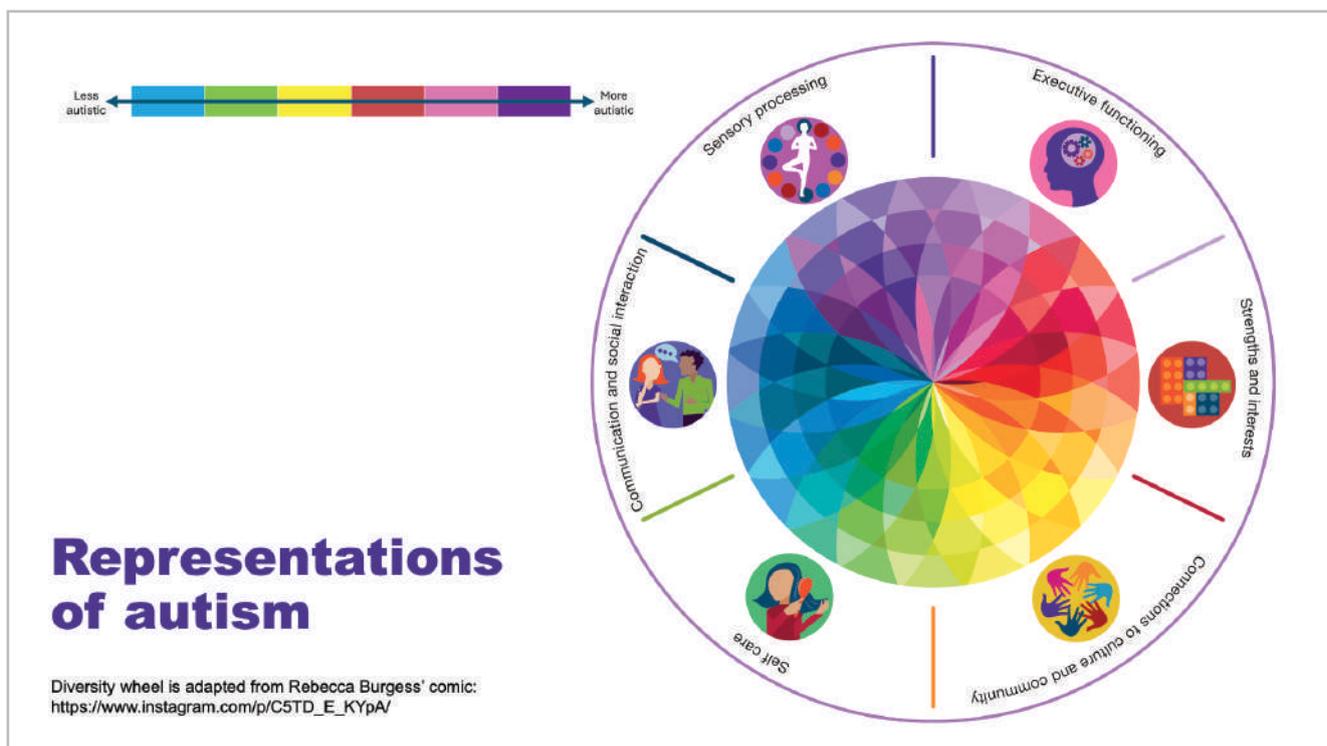
Build upon your understanding of autism within our community.



Learn to use a tool that may support deeper understanding of a young person, including their strengths and interests.



Investigate ways to implement individualised strategies to support your child at home.



Key information:

- Autism used to be thought of as a linear spectrum.
- We now know that autism is more diverse than this.
- Our knowledge about autism reflects an ongoing dialogue with the autistic community and research that continues to inform our understanding.
- Positive Partnerships uses the Diversity Wheel to talk about autism. This is adapted from the cartoon by Rebecca Burgess, an autistic cartoonist.

Resource/Link:

- <https://the-art-of-autism.com/understanding-the-spectrum-a-comic-strip-explanation/>

Notes:

Diagnosing autism

DSM-V-TR (2022) Autism Spectrum - dyad of difficulties

1. Social communication
2. Restricted, repetitive and/or sensory behaviours or interests



Key information:

- Professionals diagnose autism on the basis of difficulties in two areas; 'social communication' and 'restricted, repetitive and/or sensory behaviours or interests.'
- To be diagnosed children must:
 - have difficulties in both areas
 - have had characteristics from early childhood, even if these aren't picked up until later in childhood.
- The diagnosis of autism is not a fixed thing as there is no blood test, it is a developmental difference.
- This means the diagnostic criteria may change again in the future.
- A key change was that DSM-IV used a triad of impairments (three domains), whereas DSM-5 is now a dyad (two domains). The two main changes were that in DSM-5, the social and communication domains were combined, acknowledging that pragmatics (the social use of language), as opposed to a communication problem, was a potential challenge. As well, sensory behaviours were included in the diagnostic criteria for diagnosis for the first time.
- With regards to the DSM V and the updates in 2022, we acknowledge that the language used in the diagnostic criteria still uses some of these terms.

Resources/Links:

- American Psychiatric Association. (1980). *Diagnostic and statistical manual of mental disorders* (3rd ed.). Washington, DC: Author.
- American Psychiatric Association. (1987). *Diagnostic and statistical manual of mental disorders* (3rd ed. revised). Washington, DC: Author.

Neurodiversity and neurodiversity affirming practices



Key information:

- Neurodiversity is defined by the Autism CRC as: The perspective that people experience and interact with the world in different ways. Inherent in this view is that there is no one 'normal' way of thinking, learning and behaving and therefore differences in behaviours should not be seen as 'deficits'. In the context of autism, a neurodiversity perspective views brain-based and behavioural differences observed in autistic children as reflecting natural human variation and is valued accordingly.
- Neurodivergent refers to a person who has a brain that is different from the majority of people.
- Neurodiversity affirming is defined by the Autism CRC as: Practices that seek to affirm the child's neurodivergent identity. In the context of autism, this term refers to providing supports that embrace each child's unique understanding of other people and the world around them, rather than seeking to 'cure' autism.

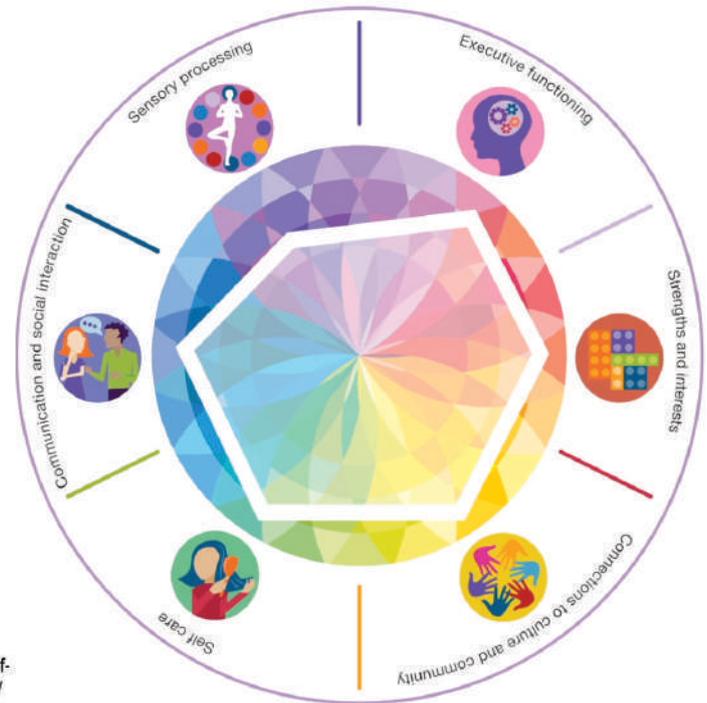
Resource/Link:

Autism CRC - <https://www.autismcrc.com.au/knowledge-centre>

Notes:

The Diversity Wheel

The Diversity Wheel consists of six areas that shape our everyday experiences.



Diversity Wheel is adapted from Rebecca Burgess' <https://the-art-of-autism.com/understanding-the-spectrum-a-comic-strip-explanation/>

Key information:

- The Diversity Wheel consists of six areas that shape the everyday experiences of a young person.
- Fluctuating capacity is when a person's ability to manage or participate can change over time or in different environments, depending on what's happening around them and the supports they have.

This can impact their level of self care, autonomy and choice and control across a day.

Changes can include things like:

- who they are with
- what they are doing
- what they are feeling
- the time of day

The headings and colour coding on the Diversity Wheel match the Planning Tool we will be using throughout today.

Link/Reference:

Link:

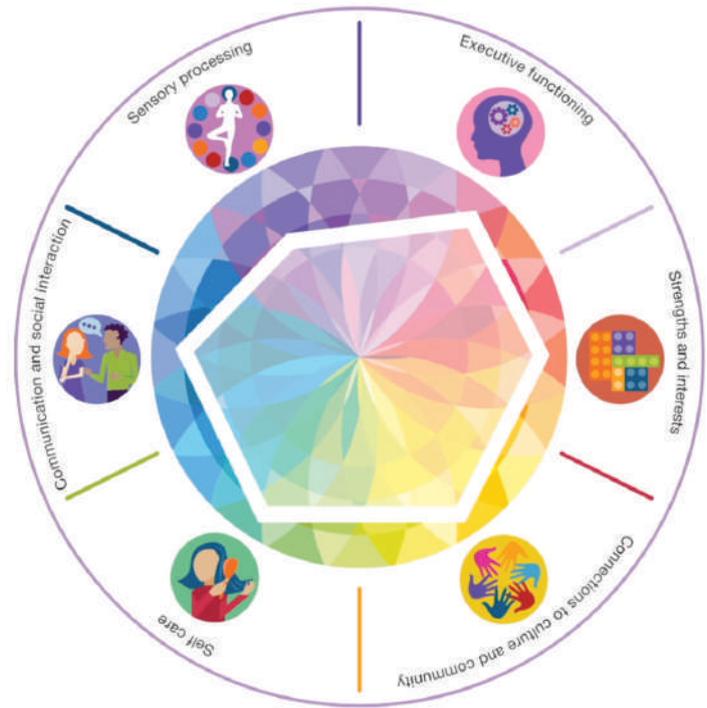
Rebecca Burgess comic: https://www.instagram.com/p/C5TD_E_KYpA/

Reference:

- Frost, K. M., Koehn, G. N., Russell, K. M., & Ingersoll, B. (2019). Measuring child social communication across contexts: Similarities and differences across play and snack routines. *Autism Research*, 12(4), 636-644. www.onlinelibrary-wiley-com.ezproxy.usq.edu.au/doi/epdf/10.1002/aur.2077

The Diversity Wheel

Getting ready for school (at home)

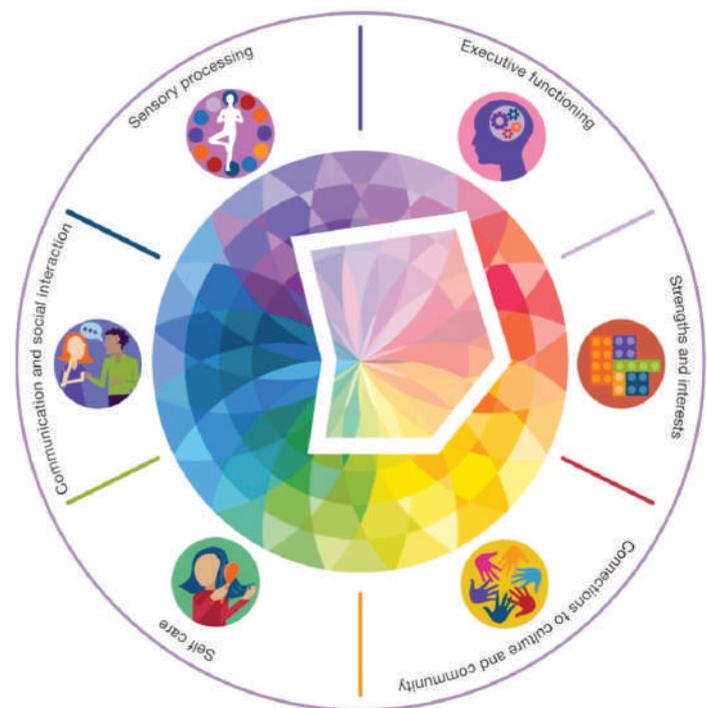


Key information:

- Autism can be complex.
- It is important to consider all areas of the Diversity Wheel when we are getting to know a young person's strengths and support needs.

The Diversity Wheel

Unexpected change of teacher



Planning Tool

	Observations and examples. What can you see or hear the young person doing?	What are the helpful and unhelpful impacts on them and others?	What strategies and adjustments might help them?
Strengths and interests 			
Connections to culture and community 			
Communication and social interaction 			
Sensory processing 			
Self care 			
Executive functioning 			

Key information:

- The Planning Tool corresponds to the Diversity Wheel. The different areas are in the column on the left-hand side. These are the same as the different areas on the Diversity Wheel.
- The observations/examples column is designed for you to record exactly what you see or hear the young person doing. How do they communicate? How do they interact with family and peers? How do they best learn new things?
- The helpful and unhelpful impacts column is where you consider and record the impacts of those observations on the child themselves or those around them.
- The strategies and adjustments column records what might be in place to support the young person and what may help in the future.
- This tool can be completed by a team of people including schools, family members and the individual themselves, remembering the importance of the young person being able to have their say.

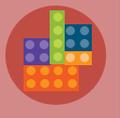
Resources/Links:

- Online interactive Planning Tool www.planningtool.positivepartnerships.com.au/

Planning Tool

Name: _____ D.O.B: _____ Class / Year Level : _____

The team supporting the young person: <i>Names and roles</i>	
Who attended this planning meeting: <i>Names and dates</i>	
How the young persons' voice was or will be included: <i>Description</i>	
Date completed:	Review date:

	Observations and examples. What can you see or hear the young person doing?	What are the helpful and unhelpful impacts on them and others?	What strategies and adjustments might help them?
 Strengths and interests			
 Connections to culture and community			
 Communication and social interaction			
 Sensory processing			
 Self care			
 Executive functioning			

Positive Partnerships is funded by the Australian Government Department of Education. The views expressed within this program do not necessarily represent the views of the Australian Government or the Australian Government Department of Education.

Planning Tool

Name:

D.O.B:

Class / Year Level :

The team supporting the young person:
Names and roles

Who attended this planning meeting:
Names and dates

How the young person's voice was or will be included:
Description

Date completed:

Review date:

	Observations and examples. What can you see or hear the young person doing?	What are the helpful and unhelpful impacts on them and others?	What strategies and adjustments might help them?
 <p>Strengths and interests</p>	The activities, things, places and people that the individual enjoys spending time on or with and/or is good at.	How the individual, their peers and others around them are impacted by their strengths and interests.	Supports, strategies and adjustments that will utilise their strengths and interests and help others to understand the benefit.
 <p>Connections to culture and community</p>	The activities and places that the individual engages in with e.g. place of worship, language group, sports etc	How the individual, their peers and others around them are impacted by their connections to community and culture.	Supports, strategies and adjustments that will help the individual to strengthen their connections to culture and community.
 <p>Communication and social interaction</p>	The individual's interactions with others and the way they communicate, e.g. gestures, words, signing etc.	How the individual, their peers and others around them are impacted by their social interactions and communication.	Supports, strategies and adjustments that will help the individual to interact with others and communicate effectively.
 <p>Sensory processing</p>	The individual's reactions to and likes and dislikes for the external environment and their internal body signals, including emotions and feelings.	How the individual, their peers and others around them are impacted by the external environment and their internal body signals, including emotions and feelings.	Supports, strategies and adjustments that will help the individual cope with and respond to the environment and their internal body signals, including emotions and feelings.
 <p>Self care</p>	How the individual takes care of themselves and manages their daily life.	How the individual, their peers and others around them are impacted by their self care.	Supports, strategies and adjustments that will help the individual to develop and/or maintain self care.
 <p>Executive functioning</p>	What you notice about how the individual manages planning, organising and carrying out tasks and activities, their short and long term memory and how they notice and refocus.	How the individual, their peers and others around them are impacted by how the individual manages planning, organising and carrying out tasks and activities, their short and long term memory and how they notice and refocus.	Supports, strategies and adjustments that will help the individual manage planning, organising and carrying out tasks and activities, develop and/or improve their short and long term memory and their ability to refocus after distraction/switching tasks.

Planning Tool

Name: _____ **D.O.B.:** _____ **Class / Year Level :** _____

The team supporting the young person:
Names and roles

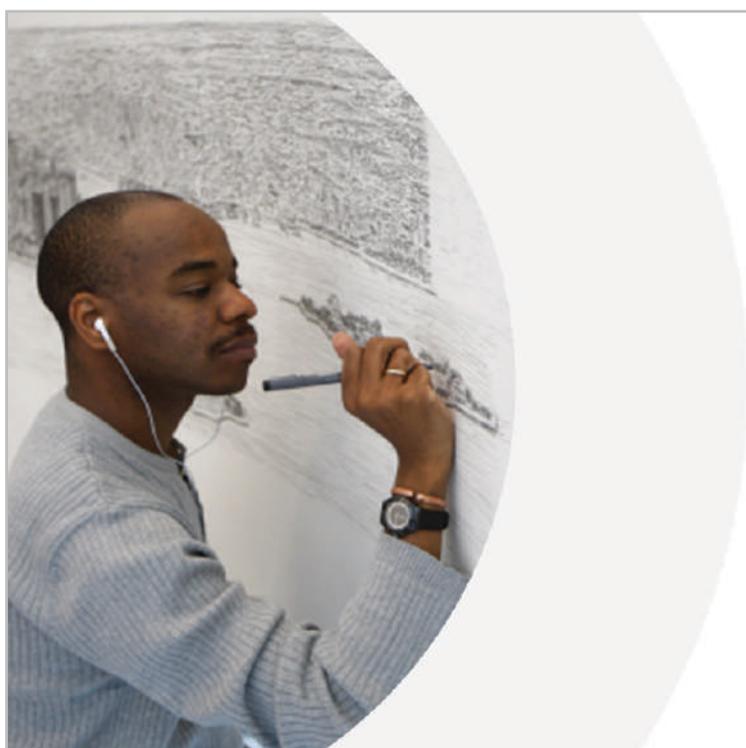
Who attended this planning meeting:
Names and dates

How the young person's voice was or will be included: Leah attended the first part of the 3 way conference to share her thoughts and ideas to be included in this form.
Description

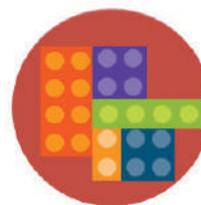
Date completed: _____ **Review date:** _____

	Observations and examples. What can you see or hear the young person doing?	What are the helpful and unhelpful impacts on them and others?	What strategies and adjustments might help them?
 Strengths and interests	<ol style="list-style-type: none"> Likes horses and dragons, she talks about them and all her imaginative play is about dragons. Carries her dragon soft toys around at home. 	<ol style="list-style-type: none"> Gives Leah something to interact and connect with peers. Enjoys learning and writing about dragons. Finds it challenging to access things not relating to dragons. 	<ol style="list-style-type: none"> Use dragons as task, conversation and play stimulus. Introduce new dragon stories from a variety of sources; mythology, Komodo dragons.
 Connections to culture and community	Has horse riding lessons and visits the park with her mum and brother.	Provides opportunity to learn and practice social interaction.	Set up other opportunities to connect to community based activities.
 Communication and social interaction	<ol style="list-style-type: none"> She is very verbal and understands single step verbal instructions with picture and word visual supports. Leah has said she is unsure if peers will be nice. 	<ol style="list-style-type: none"> People assume she understands more than she does, this can be frustrating for everyone. Leah can struggle to understand complex play, which can annoy her peers. 	<ol style="list-style-type: none"> When giving verbal instructions with 2 steps, continue using picture and word visual supports. Leah is more confident when she controls the play as this minimises misunderstandings and increases her enjoyment. Gradually encourage her to take turns.
 Sensory processing	<ol style="list-style-type: none"> Puts hands over ears in class when people are using quiet voices. Goes to her calm space when there is a loud noise in class (without prompting), uses the hammock at home when the tv is loud. Restricted diet, starting to explore new foods. 	<ol style="list-style-type: none"> Doesn't meet her own writing goals when her hands are over her ears, which frustrates her. Not engaged with tasks/misses when in her calming space. Difficult for family to eat out at the moment. 	<ol style="list-style-type: none"> Have access to headphones during desk tasks. Organise an OT assessment to identify when/why she puts her hands over her ears and explore her diet. Use a class noise'o'meter. During family time, family to make sure tv volume is quiet to minimise sensory input.
 Self care	<ol style="list-style-type: none"> Able to move to a calming space/activity in the home and school Leah gets easily distracted when asked to undertake self care. 	<ol style="list-style-type: none"> Recovers from being overwhelmed within ten minutes and is able to re-join the family or class then. Requires support with self care tasks. 	<ol style="list-style-type: none"> Ensure Leah learns where the calm space is on her transition to a new class. Use gesturing to prompt the following of sequenced picture and word visual supports.
 Executive functioning	<ol style="list-style-type: none"> Leah likes to set a goal of how many sentences she will write. Leah does not yet follow routines independently. Leah notices lots of things, especially new things that are happening around her. Leah does not remember who is picking her up from school each day. 	<ol style="list-style-type: none"> Leah is happy when she achieves her goal of how many sentences she wants to write. Leah doesn't get ready for school in the morning. Family are late for events and school. Leah is easily distracted and finds it hard to get back to what she was doing before. This is frustrating for her family and teacher. Leah can be distressed if she doesn't know who is picking her up or can go to after school care on the wrong day. 	<ol style="list-style-type: none"> Provide concrete time frames for tasks/activities. Provide sequenced visual instructions with pictures and written words. Minimise distractions e.g. visitors to the classroom. Use visual schedules for individual tasks and prompt Leah as to where she is up to. Have an end of day daily visual of who is picking her up or if it is after school care today and place this on her backpack and her daily schedule.

Positive Partnerships is funded by the Australian Government Department of Education. The views expressed within this program do not necessarily represent the views of the Australian Government or the Australian Government Department of Education.



Strengths and interests



Key information:

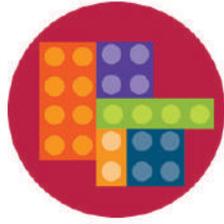
- Not all autistic people will be famous, but all will have strengths and interests that may help them to feel valued and respected, engage in learning and support their wellbeing.
- Long term strengths and interests can often lead to a career and/or a great deal of enjoyment.
- Neuroscience research indicates that all children learn better when they are interested as this increases engagement. With research also suggesting that autistic students can only learn effectively when they are interested.
- Motivation is the engine of growth and the largest factor in a child's learning and progress. If a child is following their own interests and motivations, learning occurs at a faster rate.

Link:

- Positive Partnerships' Interest based learning webpage.
<https://www.positivepartnerships.com.au/resources/practical-tools-information-sheets/interest-based-learning>

References:

- Davey, L. (2020). Using the special interests of autistic children to facilitate meaningful engagement and learning. *Good Autism Practice (GAP)*, 21(1), 43-64.
<https://www.bild.org.uk/wp-content/uploads/2020/01/Davey-GAP-May-2020.pdf>
- Lawson, W. (2013). Sensory connection, interest/attention and gamma synchrony in autism or autism, brain connections and preoccupation. *Medical hypotheses*, 80(3), 284-288.
http://www.brainmaster.com/software/pubs/brain/Lawson_2012_Sensory%20connection%20interest_attention%20and%20gamma%20%20syn.pdf
- Prata, J., Coelho, R., & Lawson, W. (2018). How the attitude of acceptance, enthusiasm and learning through motivation affects brain development in children with autism: A literature review. *Journal of Intellectual Disability-Diagnosis and Treatment*, 6(1), 14-24.
<https://doi.org/10.6000/2292-2598.2018.06.01.3>

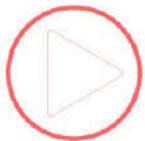


Strengths and interests



Key information:

- All individuals have strengths and interests that may help them to feel valued and respected, engage in learning and support their wellbeing.
- Note that long term strengths and interests can lead to employment opportunities and life long enjoyment.



Strengths and interests



Movement break

1

Stand with shoulders in usual position for 10-30 seconds.



2

Now lift-up shoulders towards ears and hold for 30 - 60 seconds, then drop them down, with elbows in and shoulder blades pulled back.



3

Repeat 1 & 2, focusing on how your neck feels: Stand with shoulders in usual position for 10 - 30 secs, lift-up shoulders towards ears and hold for 30-60 secs, then drop them down, with elbows in and shoulder blades pulled back.



Key information:

- Interoception is the conscious perception of your internal body signals.
- We connect to ourselves, our feelings and emotions through our interoception.
- Interoception activities are useful to both develop interoception and to support self-regulation. When doing an interoception activity, unless the person is overloaded, the activities can help a person self-regulate.

Resources/Links:

- Goodall, E., & Brownlow, C. (2022). *Interoception and Regulation: Teaching Skills of Body Awareness and Supporting Connection with Others*. Jessica Kingsley Publishers.
- Goodall, E. (2021). *Facilitating interoceptive awareness as a self-management and self-regulation tool to increase engagement in learning and education* (Doctoral dissertation, University of Southern Queensland).

Notes:



Connections to culture and community



Key information:

- Connections to culture and community can support wellbeing and quality of life.
- Different people will have a different number of connections to people, places and cultural contexts.
- Connecting with culture can have a positive impact on your sense of belonging and identity – and in turn, on your mental health and overall wellbeing.
- Community relationships are important because they provide people with a sense of connectedness. These relationships extend beyond a person's family and friends and are based on principles of reciprocity, where people both give and receive from the community. For example, some of you might be connected to a sporting club, others might be active within an autism group. These are all communities.
- We can create our own communities and our own sense of culture within our own families or friendship groups.

Resources/Links:

- Commissioner for Children and Young People Western Australia, Connections to community and culture Connection to community, culture and support | Commissioner for Children and Young People, Western Australia. (ccyp.wa.gov.au)

Notes:



Connections to culture and community



Key information:

- Connections to community and culture, that is; people, places and cultural contexts, can support wellbeing and quality of life.
- Connections can provide a sense of belonging and purpose, whether that is to sporting, language-based groups or any other kind of group.
- Connections can be easier to form for autistic individuals if they are interest based.
- It can be difficult to form connections due to communication differences or due to being outside of peer group norms.
- Being able to communicate with a cultural group is one type of cultural connection.
- Other types of cultural connections can be based on sharing rituals, foods and cultural knowledge.

Notes:

Connections to culture and community

	Observations and examples. What can you see or hear the young person doing?	What are the helpful and unhelpful impacts on them and others?	What strategies and adjustments might help them?
<p>Connections to culture & community</p> 			

Key information:

- Impacts can be for the student, their peers, teacher or environment.
- Unhelpful impacts may relate to either connections and/or a lack of connections.
 - E.g. A parent may bring in hot food daily to eat with their child at lunch as this is a cultural norm.
 - This can have both helpful and unhelpful impacts.
 - The young person feels valued by their family whilst losing connection time with peers.
- Strategies and adjustments:
 - use helpful impacts to support other areas
 - minimise unhelpful impacts for the student, others and/or the environment
 - in the above example, a lunch group could be formed where the parents connect after spending a shorter time with their young person, enabling their child to connect to peers over the break.

Notes:



Communication



Key information:

- Autistic individuals will have varying strengths and support needs in their use of communication.
- Repetitive behaviours or body movements, often called stimming, can be both communicative and self-regulatory.
 - For example, some stims may be intentional communication, such as showing excitement. It can be easy to misunderstand what a stim is communicating.
- Trying to reduce or stop stimming can lead to children and young people having more negative experiences, be unable to calm themselves and unable to communicate intense emotions (Kapp et al., 2019).
- Quiet hands refers to keeping hands still. e.g. not flapping.

Resources/Links:

- Chen, R. S. (2021, June). Embodied design for non-speaking Autistic children: the emergence of rhythmical joint action. In *Interaction Design and Children* (pp. 648-651). <https://journals.sagepub.com/doi/pdf/10.1177/1362361319829628>
- Kapp, S. K., Steward, R., Crane, L., Elliott, D., Elphick, C., Pellicano, E., & Russell, G. (2019). 'People should be allowed to do what they like': Autistic adults' views and experiences of stimming. *Autism*, 23(7), 1782-1792.
- Leadbitter, K., Buckle, K. L., Ellis, C., & Dekker, M. (2021). Autistic Self-Advocacy and the Neurodiversity Movement: Implications for Autism Early Intervention Research and Practice. *Frontiers in Psychology*, 12, 782.

Communication



Key information:

Expressive & receptive components of communication and echolalia.

- There may be a mismatch between expressive and receptive language skills which can mean that communication challenges are not always obvious.
- Some young people use augmentative and alternative communication (AAC) some or all of the time.
- Echolalia is the use of speech in a repetitive way and can be imitated from people in the child's environment, as well as from TV shows, commercials, movies etc.
- Echolalia can be a step during language development. Echolalia can decrease as more spontaneous language is incorporated (Davidoff, 2018).

Link:

- Positive Partnerships' Webinars: <https://www.positivepartnerships.com.au/resources/practical-tools-information-sheets/communication-and-autism>

Reference:

- Davidoff, B. E. (2018). Characteristics of the Spoken Language Interactions of Young Beginning Communicators with Autism Spectrum Disorder and Their Mothers: A Preliminary Investigation. https://etda.libraries.psu.edu/files/final_submissions/17272

Notes:

Morning Tea



Being social



Key information:

- Autistic children and young people will have their own social preferences and these should be respected.
- These social preferences can change according to context and over time.
- Friendships for autistic individuals may look different to friendships for non-autistic individuals.

Resource/Link:

- Positive Partnerships Webinars on friendship: <https://www.positivepartnerships.com.au/resources/practical-tools-information-sheets/friendships>
- Positive Partnerships Webinars on communication: <https://www.positivepartnerships.com.au/resources/practical-tools-information-sheets/communication-and-autism>

Notes:



Executive functioning

Key information:

- We may use some or all components of executive functioning to complete a task.
- Context significantly impacts executive functioning, either helpfully and/or unhelpfully.

Resources/Links:

- Center on the Developing Child at Harvard University (2014). *Enhancing and Practicing Executive Function Skills with Children from Infancy to Adolescence*. Retrieved from www.developingchild.harvard.edu.
- MacKenzie, H. (2019). Thinking and Learning. In R. Jordan, J. M. Roberts & K. Hume (Eds.), *The Sage Handbook of Autism and Education* (1st ed., pp. 167-185). Sage Publications Ltd.

Notes:

Executive Functioning Strategies

Executive functions are brain processes that help us manage our thoughts and actions. These include the ability to organise and plan, shift attention, be flexible with thinking, and self-regulate, which can all impact how a young person copes with daily tasks.

Here are some examples of strategies that can be used in the classroom, at home and in the community to support autistic young people.

Planning



In The Classroom

1. Structured timetables: Provide a clear, visual daily timetable that outlines activities and transitions.
2. Chunking tasks: Break down large assignments into smaller, manageable steps with checklists.
3. Explicit instruction: Teach planning skills explicitly, including how to prioritise tasks and set goals.

At Home

1. Family calendar: Maintain a calendar in a common area to track family activities and responsibilities.
2. Weekly planning sessions: Hold regular family meetings to discuss and plan for the upcoming week.
3. Model planning behaviour: Demonstrate effective planning in daily activities and family events, e.g. typing shopping lists on your phone.

In The Community

1. Community programs: Enrol in programs or activities that require planning and organisation, e.g. community sport and recreation clubs.
2. Public transport: Support young people to plan and navigate using public transport timetables.

Organisation



In The Classroom

1. Colour-coding: Use colour-coding for subject timetables and tasks to make organisation easier to follow.
2. Provide organisational tools: Offer folders, binders and labelled storage for materials.
3. Set specific goals: Establish clear organisational goals and review progress regularly.

At Home

1. Designated study area: Create a clutter-free study area with necessary supplies.
2. Use baskets or bins: Organise tasks by priority or subject using clearly labelled containers.
3. Regular check-ins: Implement regular check-ins to review tasks and responsibilities.

In The Community

1. Library resources: Utilise library resources for organising research and projects.
2. Technology tools: Use apps and technology to support organisation (e.g. calendar apps, task managers).



Time Management



In The Classroom

1. Timers and alarms: Provide access to timers to allocate specific periods for tasks and breaks.
2. Teach planning skills: Incorporate lessons on creating to-do lists and prioritising tasks.
3. Reflective practices: Have students reflect on their time management skills and set study goals.

At Home

1. Set routines: Establish regular routines for homework, household jobs and leisure activities.
2. Task lists: Encourage the use of daily or weekly task lists with items to tick off.
3. Model time management: Demonstrate effective time management strategies through your actions.

In The Community

1. Opportunities for practice: Use public transport timetables or other schedules (e.g. movie or concert timetables) to plan what's required to be on time for a particular event.
2. Use technology wisely: Integrate apps and tools designed to support time management into daily routines (e.g. timers and reminder apps).



Working Memory



In The Classroom

1. Visual supports: Incorporate charts, diagrams and graphic organisers to help visualise information.
2. Interactive activities: Engage students in hands-on activities that reinforce memory through practice.
3. Mnemonics and memory resources: Teach memory strategies using a range of classroom resources, songs and acronyms.

At Home

1. Memory games and puzzles: Encourage use of games and puzzles that focus on memory-based activities.
2. Active reading strategies: Promote highlighting, note-taking and summarising when reading.
3. Environmental organisation: Help organise study spaces to minimise distractions and optimise accessibility.

In The Community

1. Situational practice: Engage in sports and recreation activities that provide opportunities to practice working memory, e.g. remembering the rules and processes of a game.
2. Shopping resources: Use strategies and visual supports to help remember items to purchase when going shopping.



Meta-Cognition

Thinking about our own thinking



In The Classroom

1. Model meta-cognitive strategies: Demonstrate problem-solving by verbalising your thought process.
2. Reflective journals: Encourage students to keep journals reflecting on their learning and strategies.
3. Peer collaboration: Work in groups to discuss and reflect on their thinking processes.

At Home

1. Reflective discussions: Have regular conversations about strategies used for homework or jobs.
2. Goal setting: Work with your child to set specific, achievable goals and discuss steps to reach them.
3. Model meta-cognitive thinking: Share your own thinking process when solving problems or making decisions.

In The Community

1. Community trips: Involve young people in thinking aloud about what they need to do in preparation for a trip or outing.
2. Mentorship programs: Engage with a trust mentor who can provide guidance on effective meta-cognitive strategies.



Emotional Regulation



In The Classroom

1. Mindfulness activities: Incorporate short interoception / mindfulness exercises to help students with their self-regulation.
2. Explicit teaching: Teach students to identify and understand their emotions and provide regulation strategies.
3. Calming spaces: Create a space for students to support self-regulation. This could include different sensory supports and visuals.

At Home

1. Model emotional regulation: Demonstrate self-regulation strategies and support young people through co-regulation.
2. Safe space: Create a dedicated area where family members can go to support their self-regulation.
3. Emotion vocabulary: Teach and use a rich emotional vocabulary to support young people to articulate particular feelings.

In The Community

1. Use personal (social) stories: Use personal stories to prepare for new or challenging situations.
2. Self-regulation apps and resources: Use apps and podcasts to help calm and prepare for a range of community experiences.



Attention



In The Classroom

1. Environment: Work with the young person to ensure the classroom environment will support their learning.
2. Movement breaks: Include short, structured movement breaks to help students reset and refocus.
3. Assistive tools: Provide tools like timers and headphones to support students with their learning.

At Home

1. Model focus strategies: Demonstrate ways of paying attention to one task at a time, e.g. using timers and visual reminders.
2. Scheduled breaks: Incorporate regular breaks during activities to maintain focus.
3. Physical activity: Encourage movement / brain breaks during activities to support concentration and refresh the mind.

In The Community

1. Structured activities: Enrol children in structured extracurricular activities that interest them.
2. Interest Groups: Form or join interest groups that can provide a supportive and focused activity environment.



Flexibility



In The Classroom

1. Scenario-based learning: Create activities requiring flexible thinking, like role-playing or problem-solving tasks.
2. Teach flexibility skills: Integrate lessons that discuss concepts of change and adaptability.
3. Provide choices: Offer choices in assignments to help students practise decision-making and flexibility, e.g. universal design principles.

At Home

1. Predictable routine with built-in flexibility: Maintain a consistent routine but include opportunities for learning by discussing changes to routine with the young person.
2. Play games promoting flexible thinking: Engage in board games, card games, or puzzles requiring strategy changes.
3. Practise problem-solving together: Engage in family projects where plans might need to change.

In The Community

1. Exposure to diverse experiences: Take young people to new places to experience and learn about different environments.
2. Community activities: Participate in clubs, sports and events.



Task Initiation



In The Classroom

1. Prompting: Use verbal or visual prompts to signal the start of a task.
2. Modelling and role-playing: Demonstrate how to start a task and have students practise.
3. Environmental resources: Ensure students have access to necessary resources for starting class tasks.

At Home

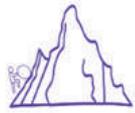
1. Visual reminders: Use charts, checklists or sticky notes as visual reminders for tasks.
2. Environment organisation: Keep necessary materials organised and easily accessible.
3. Family involvement: Work alongside the young person to support task initiation.

In The Community

1. Peer support: Encourage forming study groups or project teams with peers for learning support.
2. Technology Resources: Utilise apps such as reminders and calendars to help commence tasks and stay focused.



Persistence



In The Classroom

1. Scaffolding: Offer support at the beginning of a task and support the young person to increase their independence.
2. Time management: Teach students to use timers to allocate specific periods for tasks.
3. Modelling: Model persistence by working through challenges in front of the students.

At Home

1. Problem-solving discussions: Engage in discussions about approaching difficult tasks and developing strategies.
2. Breaks and downtime: Ensure regular breaks to help manage fatigue and support self-regulation.
3. Encouragement: Praise young people for their efforts and persistence in completing tasks.

In The Community

1. Community involvement: Encourage participation in activities requiring commitment and perseverance.
2. Celebrate results: Recognise and celebrate achievements and efforts on community-based projects, e.g. community gardens, murals, volunteer projects.



Positive Partnerships is funded by the Australian Government Department of Education. The views expressed within this program do not necessarily represent the views of the Australian Government or the Australian Government Department of Education.



Executive functioning

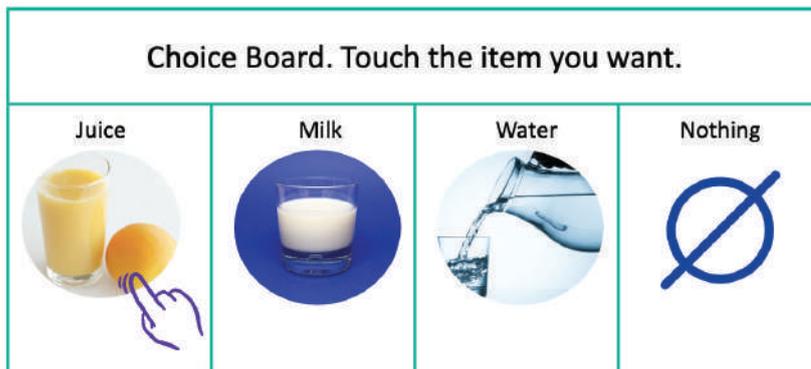


Key information:

- Each individual has their own set of strengths and support needs across the domains of executive functioning.
- Support needs will vary across the day and over a lifetime and will usually increase when the individual is stressed/distressed.
- Executive functioning difficulties are helpfully and unhelpfully impacted by context.

Notes:

Self care



Key information:

- Many self-care activities require a range of abilities, including fine and gross motor, hand-eye coordination, sensory processing, and executive functions.
- Physical disabilities, developmental differences, and learning needs can impact on self-care activities.
- All people can experience autonomy, choice, and control, including those with high support needs.
- Self-care activities can include dressing, brushing teeth, eating, showering, etc.
- Other areas of the Diversity Wheel may influence a person's ability to engage in self care, and they may require support to do so.
- Some autistic students may benefit from self-care activities being explicitly taught. However, it is important that young people have choice and control over their own bodies and routines. Choice and control is not limited to self care, it is important to consider for all areas of the Diversity Wheel.
- Different cultural contexts may shape expectations around self care and autonomy.

Link:

- <https://www.positivepartnerships.com.au/resources/practical-tools-information-sheets/health-hygiene-in-the-home>

References:

- Langøy, E. E., & Kvalsund, R. (2018). Vulnerable Youth—Dependency or Independence? School Experiences, Transitions and Adaptation to and within Adult Life. *Scandinavian Journal of Disability Research*, 20(1). <https://www.sjdr.se/articles/10.16993/sjdr.34/>
- Mlinac, M. E., & Feng, M. C. (2016). Assessment of activities of daily living, self-care, and independence. *Archives of Clinical Neuropsychology*, 31(6), 506-516. <https://academic.oup.com/acn/article/31/6/506/1727834>



Self care

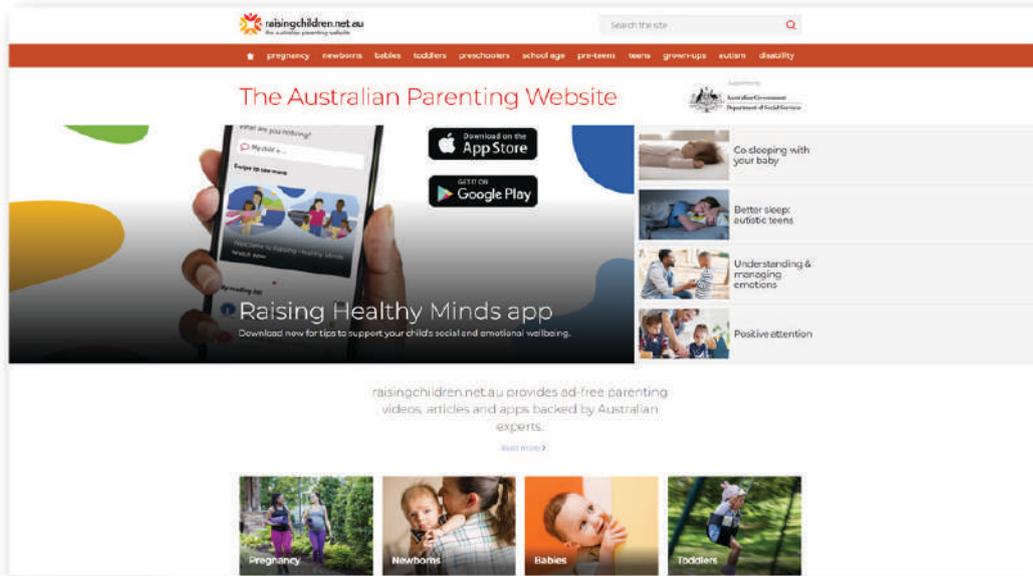


Key information:

- Each individual has their own set of strengths and support needs across the domains of self care and autonomy.
- Executive functions are important for many self-care activities.
- Communication and social supports can shape how a young person is perceived - assumptions should not limit opportunities for autonomy.
- Support needs will vary across the day and across a lifetime.

Notes:

Strategies



Key information:

- Strategies and supports need to be individualised for each young person.
- They should be evidence informed, practical and safe.
- Guides to therapies, supports and strategies from independent organisations are helpful (see links).

Resources/Links:

- Raising Children's Network: Autism – therapies guide: www.raisingchildren.net.au/autism/therapies-guide
- Autism CRC early intervention report on evidence-based supports for autistic children: www.autismcrc.com.au/interventions-evidence

Notes:



Where to next?

Consider:

- Who needs to be informed and taught how to use the strategy?
- What materials do we need?
- What environments do the materials need to be available in?
- Does your young person need to be taught something?
- Trial and observe their response.

Key information:

- Strategies can be extremely simple or very complex.
- A strategy can be for the individual young person, their family/other people, the environment or a combination of these.
- It is important to know the answers to the following questions before implementing a strategy.
 - Who needs to be informed and taught how to use the strategy?
 - What materials do we need?
 - What environments do the materials need to be available in?
 - Does your young person need to be taught something?
- Strategies should be trialed first to give the family time to observe if the strategy is helpful or harmful to the young person.

Resource/Link:

- Autism CRC Early Intervention Guidelines <https://www.autismcrc.com.au/interventions-evidence>

Notes:

What works?

- What was the purpose of the strategy?
- Did the strategy work or not work for your young person?
- Why?
- Was the strategy easy to implement safely?
- Did the strategy cause you or your young person stress, anxiety or discomfort?



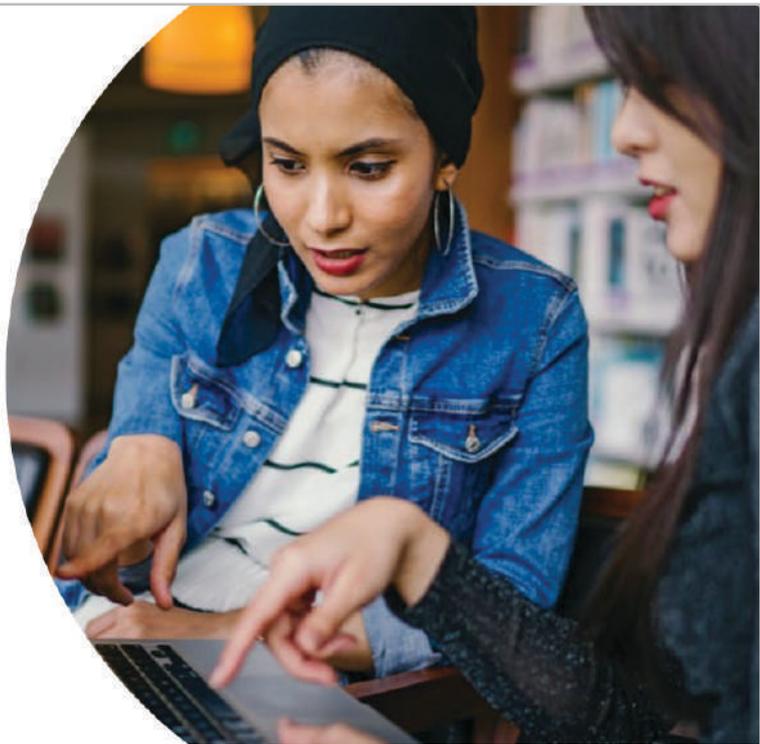
Key information:

- Strategies that work for one young person may not work for another.
- Strategies can become more or less effective over time.
- There is no one strategy for autism.
- When trialling and/or using strategies, it is important to reflect on:
 - what is the purpose of the strategy?
 - is the strategy working or not working for your young person?
 - why?
 - is the strategy easy to implement safely?
 - did the strategy cause you or your young person stress, anxiety or discomfort?

Notes:

Be mindful

- Some products can be harmful
- Choose products with the support of an Occupational Therapist (OT), speech pathologists or other allied health professionals



Key information:

- Strategies and supports can be chosen with the support of a professional to help ensure they are safe.
- If you are not comfortable with a suggested support or strategy, ask for the evidence base.
- Only use supports and strategies that you and your child are comfortable with.
- If a support or strategy distresses you or your child, it is probably best to move on to a different support or strategy.

Resources/Links:

- Raising Children's Network: Autism – therapies guide.
<https://raisingchildren.net.au/autism/therapies-guide>
- Autism CRC early intervention report on evidence-based supports for autistic children.
<https://www.autismcrc.com.au/interventions-evidence>

Notes:

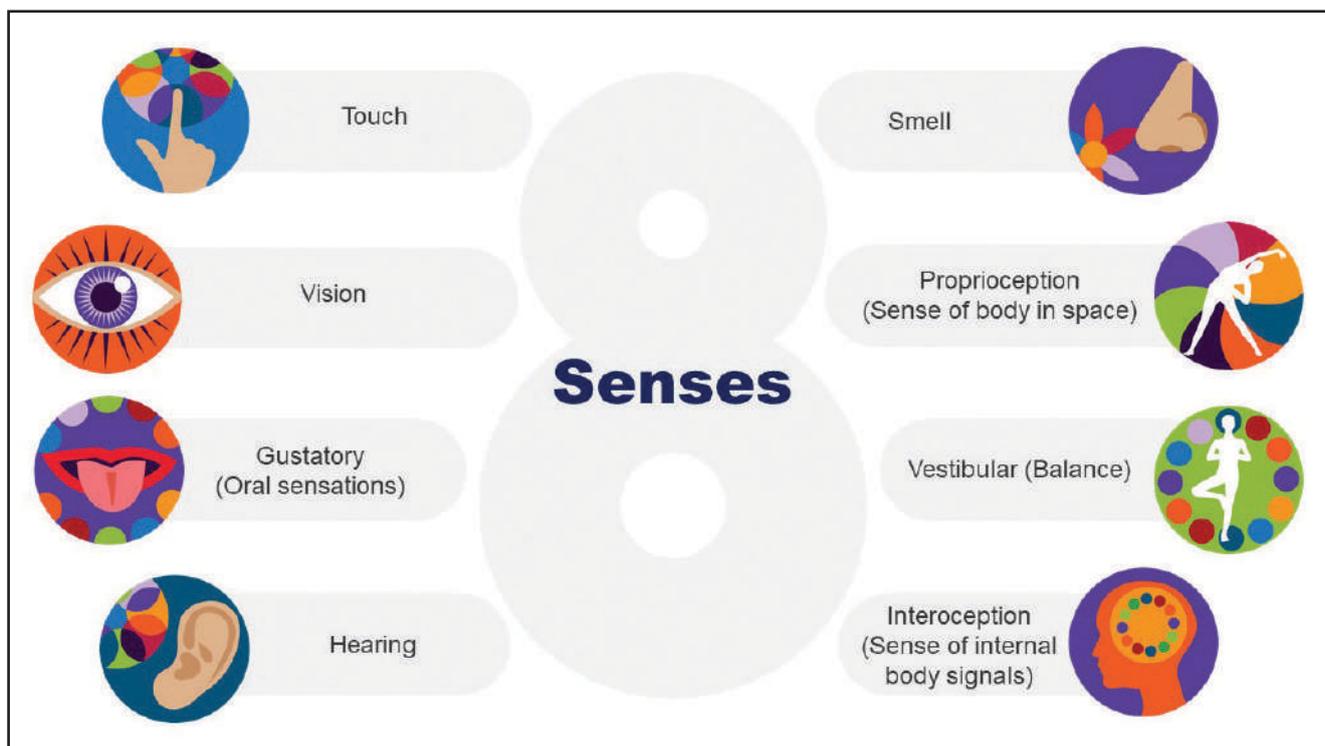
Session 3



Session overview

- Explore sensory processing and the unique differences autistic students may have with processing information from their senses.
- Share some strategies that can assist people to cope with sensory input and meet their sensory needs.

This information is also applicable to neuro-typical adults and young people.

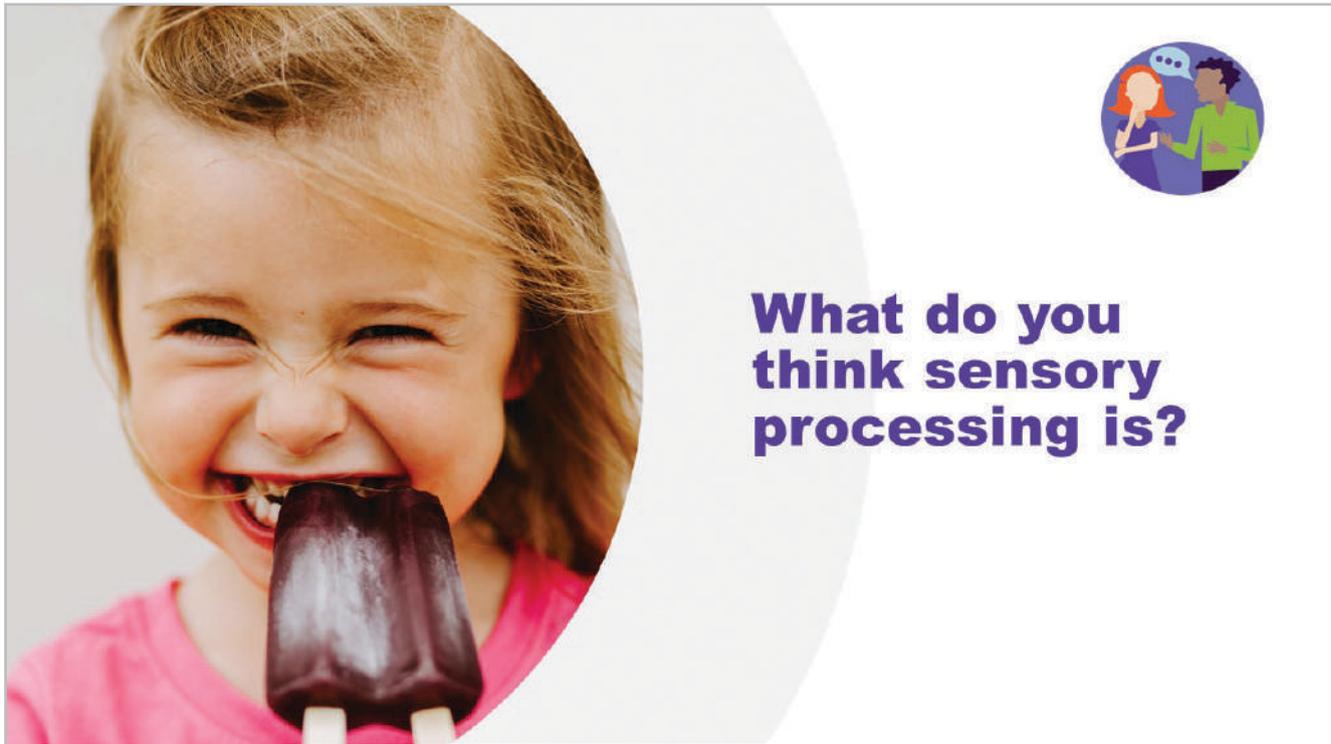


Key information:

- **The tactile system** is our sense of touch. This input is mostly received through our skin and includes multiple types of sensations, including texture, pain, pressure and temperature. It is not just registered through our hands, but all over our body.
- **Our visual system** tells us about depth perception, the colour, size and shape of objects and where they are in space.
- **Our gustatory system** is our sense of taste, but also includes other oral sensory receptors, for example the jaw, teeth and other parts of our mouth. This allows us to feel textures, temperatures and taste different flavours including sweet and sour.
- **Our auditory system** provides us with information about sounds, including how far away a sound is, how loud it is, whether it is high or low and whether it is familiar.
- **Our olfactory system** provides information about smells around us. Some people experience strong links between smell and their emotional memory, which means that certain smells can trigger emotions more quickly than other senses.

There are three more senses that are less well known. These additional senses are proprioception, vestibular and interoception.

- **Our proprioceptive system** tells us where our body is in space. This system provides information about where our body parts are and what they are doing. We receive this information through our joints, muscles, ligaments and deep within our skin. This allows us to feel where our body, arms, legs and head are even when we can't see them. We can then coordinate our muscles to be able to complete the task at hand.
- **Our vestibular system** is our movement sense. These sensors are located in our middle ear and tell our brain things like, how fast and in which direction our head is moving (including whether we are upside down or upright, or even standing still). This system is also responsible for balance.
- The eighth sense, which is often less talked about is **Interoception**. This is the awareness of our body's internal physical and emotional states. This system helps us answer the question "how am I doing?"



What do you think sensory processing is?

Key information:

- Sensory processing is the way in which the brain receives, integrates and regulates the information received from all eight senses to produce a response. It is a neurological process.
- Research shows that more than 70% of autistic children display sensory processing differences. [Esposito, et. al., (2019)]
- Sensory processing differences are included within the diagnostic criteria for autism.
- It is important to note that not all autistic young people will have sensory processing differences. Likewise, not all individuals with sensory processing differences are autistic.

Resource/Link:

Esposito, M., Janette, S., Raffaele, N., Fadda, R., Francesca, F., Luigi, M., ... & Stefano, V. (2019). Sensory processing, gastrointestinal symptoms and parental feeding practices in the explanation of food selectivity: clustering children with and without autism. *Psychology*.
www.researchgate.net/profile/Raffaele-Nappo/publication/348907213_Sensory_Processing_Gastrointestinal_Symptoms_and_Parental_Feeding_Practices_in_The_Explanation_of_Food_Selectivity_Clustering_Children_with_and_Without_Autism/links/60157707299bf1b33e35a114/Sensory-Processing-Gastrointestinal-Symptoms-and-Parental-Feeding-Practices-in-The-Explanation-of-Food-Selectivity-Clustering-Children-with-and-Without-Autism.pdf



What can sensory processing differences feel like?



Key information:

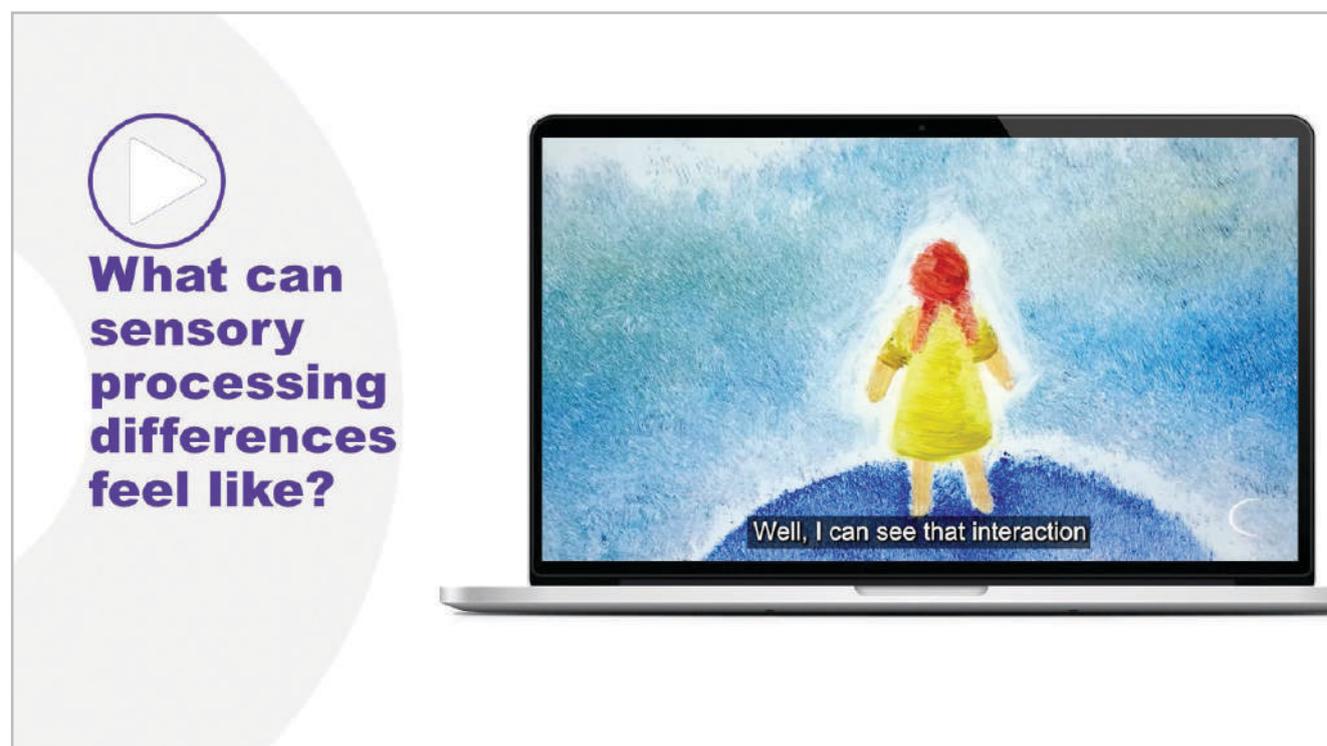
- Some of the positive impacts are that they might be able to:
 - hear things that other people don't
 - notice things that other people might not notice
 - gain pleasure or enjoyment
 - concentrate better than other people in busy environments.
- Sensory processing differences can impact on a young person's engagement in daily activities such as eating, sleeping, bathing, school participation and socialisation. They can also increase anxiety and lead to behaviours that can impact on engagement with learning or daily life (Dunn, 2016).
- There can also often be a mismatch between sensory preferences and the environment. Often it can be assumed that a student is "work avoidant" when they may actually be avoiding a certain sensory experience.
- Examples of sensory processing differences are:
 - some students love to sit by the air conditioner whilst it can make others very uncomfortable (temperature &/or airflow)
 - the sounds of pencils or pens writing on paper may not register with some students, whilst being painful for some other students
 - textures of school uniform fabrics can be neutral, nice or really uncomfortable
 - singing in assembly can be enjoyable or it can be physically painful for some students
 - eye contact can be natural for some students, whilst for others it can interfere with their ability to listen and process information and it can even be interpreted as 'feeling like someone is stabbing my eyes' (quote from a 10 year old autistic student).

Link:

- Jiron, M. (2012) Sensory Overload (interacting with autism project) <https://vimeo.com/52193530>

References:

- Aykan, S., Gürses, E., Tokgöz-Yılmaz, S., & Kalaycıoğlu, C. (2020). Auditory Processing Differences Correlate With Autistic Traits in Males. *Frontiers in Human Neuroscience*, 14. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7588834/>
- Jones, E. K., Hanley, M., & Riby, D. M. (2020). Distraction, distress and diversity: Exploring the impact of sensory processing differences on learning and school life for pupils with autism spectrum disorders. *Research in autism spectrum disorders*, 72, 101515. <https://www.sciencedirect.com/science/article/pii/S1750946720300052>
- Kanner, L. (1943) 'Autistic Disturbances of Affective Contact', *Nervous Child*2: 217–50.
- Pastor-Cerezuela, G., Fernández-Andrés, M. I., Sanz-Cervera, P., & Marín-Suelves, D. (2020). The impact of sensory processing on executive and cognitive functions in children with autism spectrum disorder in the school context. *Research in developmental disabilities*, 96, 103540.



What can sensory processing differences feel like?

Well, I can see that interaction

What role does sensory processing play in life?



Key information:

- We process information from all of the senses simultaneously to understand the environment around us.
- The brain and the nervous system have the ability to regulate sensory information in order to focus on what is relevant in that environment and to filter out irrelevant information, although many with sensory processing difficulties struggle to filter.
- Sensory processing:
 - keeps us safe
 - helps us keep track of what our body is doing
 - helps us understand our environment
 - keeps our brain active and enables us to learn
 - filters out information so we can pay attention and engage.

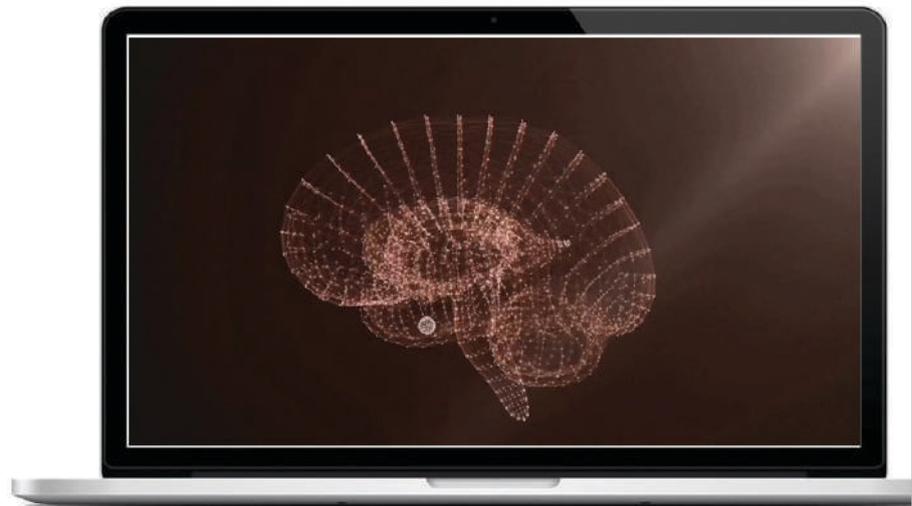
Resources/Links:

- Dunn, W. (2008), *Living Sensationally: Understanding Your Senses*, Jessica Kingsley Publishers London and Philadelphia.
- Pastor-Cerezuela, G., Fernández-Andrés, M. I., Sanz-Cervera, P., & Marín-Suelves, D. (2020). The impact of sensory processing on executive and cognitive functions in children with autism spectrum disorder in the school context. *Research in developmental disabilities*, 96, 103540.

Notes:



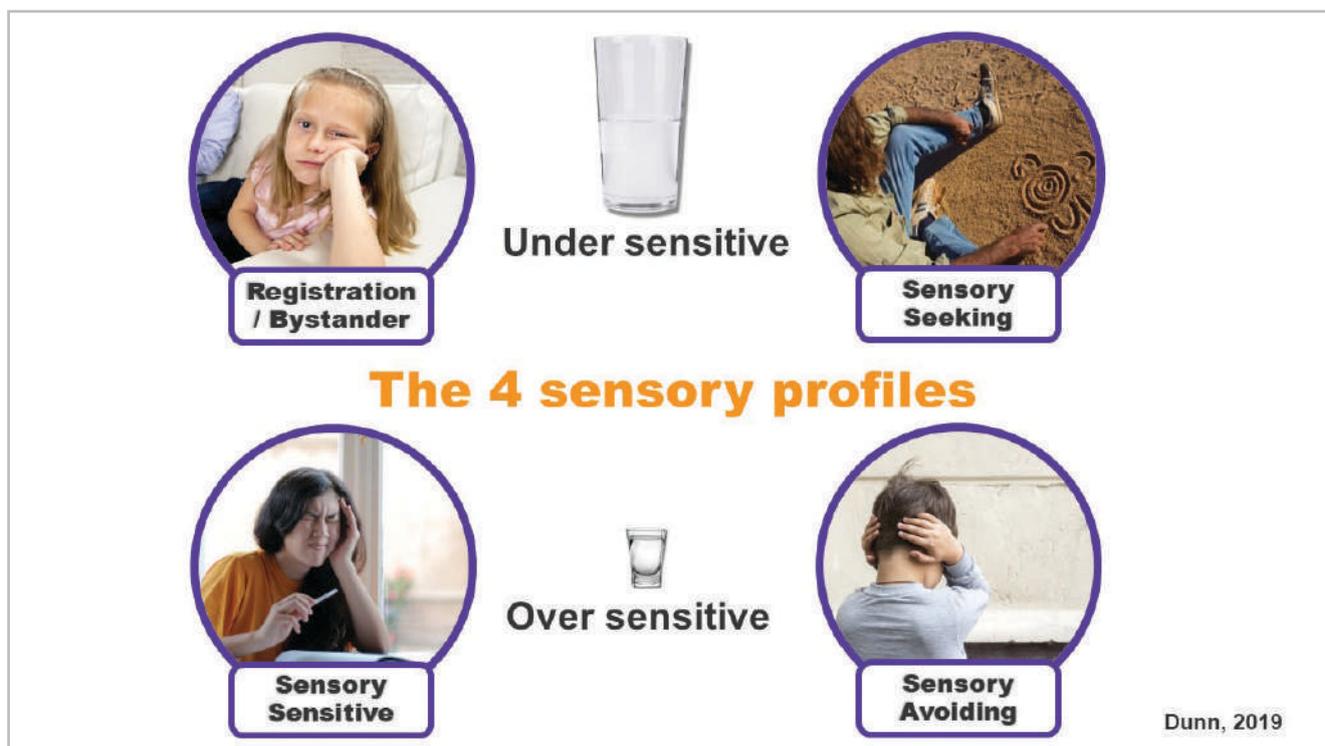
Over and under sensitive



Key information:

- Assume we all have a cup for holding sensory input.
- Some of us have a big cup and some have a small cup.
- The size of our cup represents how much sensory information we are comfortable with.
- The water represents sensory information, sometimes called 'input'.
- Those with a big cup need lots of input to fill their cup.
- Those with a small cup only need a little input to fill their cup...and it can be easy for their cup to overflow.
- We can have a different sized cup for different senses.
- This means we can be comfortable with more sensory information from some senses than from others.

Notes:



Key information:

- These four profiles may be called other things:
 - sensory seeking (or, seeker)
 - registration (or, bystander), this used to be called low registration
 - sensory avoiding (or, avoider)
 - sensory sensitive (or, sensor).
- Everyone has a different comfort level (or, different sized cup) for sensory input which may lead to a different response. (as referenced in the previous sensory video)
- Our sensory profile is not a choice. It is related to how our brain responds to sensory information.
- Sensory processing differences may impact a person’s ability to learn, engage and behave (helpfully and unhelpfully). For example, if a young person is distressed by classroom sounds they will struggle to engage in the learning on offer.
- Understanding how sensory differences impact on students in all environments is critical to supporting success.
- Behaviour can be a way of communicating or responding to a sensory processing difference.

Link:

- <http://downloads.pearsonclinical.com/images/Assets/SensoryProfile2/SP2-Infogrfx.pdf>

References:

- Jones, E. K., Hanley, M., & Riby, D. M. (2020). Distraction, distress and diversity: Exploring the impact of sensory processing differences on learning and school life for pupils with autism spectrum disorders. *Research in autism spectrum disorders*, 72, 101515. <https://www.sciencedirect.com/science/article/pii/S1750946720300052>
- Pastor-Cerezuela, G., Fernández-Andrés, M. I., Sanz-Cervera, P., & Marín-Suelves, D. (2020). The impact of sensory processing on executive and cognitive functions in children with autism spectrum disorder in the school context. *Research in developmental disabilities*, 96, 103540.

Under sensitive profiles



A lot of sensory input feels like a little



Registration / Bystander



Sensory Seeking

Key information:

Registration/Bystander

- Bystanders also have a big cup, but they don't actively try to fill it up.
- These are the individuals who might:
 - miss instructions because they hadn't noticed that their parent had started talking or didn't hear their name called because they need lots of sensory input before they can register it
 - not get the support they require because of an assumption that as they are quiet, they are ok
 - need a lot of sensory input to be able to learn and engage. For example, the young person might need to listen to music and draw before they can notice their parent or a teacher speaking.
- The strengths of these individuals are that they often appear easy going and may be less likely to feel overstimulated and stressed in a busy environment.

Sensory seeking (seeker)

- People with this profile seek out lots of sensory information to fill their cup.
- These are the individuals who might:
 - move around in their seat
 - get joy from spinning and jumping.
- The strengths of these individuals are that they are often curious and like to be busy.
- Educators and families can help these young people channel their sensory seeking into an activity.
- For example: these are the young people that might work or listen more effectively by standing at their desk or moving around the classroom.

Link:

- <http://downloads.pearsonclinical.com/images/Assets/SensoryProfile2/SP2-Infogrfx.pdf>

References:

- Refer to references on previous page.

Over sensitive profiles



A little sensory input feels like a lot



Key information:

Sensory sensitive (sensor)

- Individuals who are sensory sensitive have a small cup which can overflow quickly because they can't actively manage how much sensory input they get.
- These individuals can struggle to filter out sensory information that isn't useful. For instance, they might find it hard to concentrate when someone or something is making a sound even if it is a sound that no one else can notice. (e.g the fridge humming)
- The strengths of those that are sensory sensitive are that they have a heightened awareness of sensory input and therefore may be great at or find joy in activities that involve being able to notice subtle differences such as:
 - drawing/painting (e.g. the Judy Endow art video at the start of the session)
 - music
 - cooking.

Sensory avoiding (avoider)

- Individuals with a sensory avoiding profile try to control how much water goes into their cup so that it doesn't overflow (This is an active response). They usually do this by either withdrawing themselves or trying to stop the sensory input.
- These are the individuals who might do things like:
 - avoid situations where particular sensory experiences are usually present e.g. going to toilets with hand dryers, into a room with lots of people etc.
 - may create other sensory input to block out or mask the sensory input that is too intense, e.g. covering their ears, humming and making noise to themselves to block out sound in their environment.
- Sensory avoiders often enjoy routine and order and things that are familiar. They often like to make sure that things are done properly.



Sensory processing and context



Key information:

- Sensory processing differences are complex and affected by context.
- The Disability Standards for Education (DSE) requires schools to collaborate with families and students to make reasonable accommodations that will enable the student to access the curriculum on the same basis as their peers. Sensory needs are one of the things that many young people require accommodations for.



Touch



Vision



Gustatory
(Oral sensations)



Hearing



Smell



Proprioception
(Sense of body in space)



Vestibular (Balance)



Interoception
(Sense of internal
body signals)

Activity

- I often don't notice whether I am wearing shoes or not.
- I can't feel if there is food on my face.
- When I hold someone's hand, I am not sure if I am squeezing too tight or too soft.
- Sometimes I see my toe is bleeding and I am not sure when I hurt it.



Registration

- I like to touch lots of different textures.
- I like to wear clothes that fit me very tightly.
- I rub my fingers together a lot because I like the feel of it.
- I like to sit leaning against others, on the back of my chair or on a wall.



Sensory Seeking



- I jump when someone touches me, even softly.
- I find it painful when someone touches me.
- It hurts when people hug me.
- I don't like wearing clothes.
- I can't sleep if the sheets are scratchy.
- I only wear soft fabrics that are loose.



Sensory sensitive

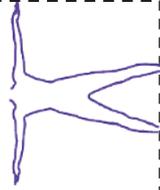
- I run away if someone bumps into me in the playground.
- I hide in the library when we are meant to be playing dodge ball – the ball really hurts.
- Sometimes I push people away if they bump into me or brush past me.
- I can't touch certain foods with my hands (e.g. banana).
- I can't wear my school jumper.



Sensory avoiding

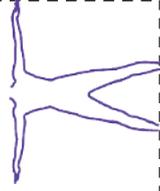


- I often bump into doorways and the corners of the wall.
- I walk into people in the classroom all the time, even though I don't mean to.
- I find it hard to get dressed in the mornings.
- I find it hard to copy actions in dance class.



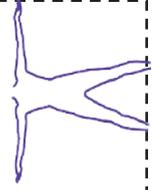
Registration

- I often want big hugs.
- I love jumping on the trampoline.
- I love to do headstands and handstands.
- I love banging and crashing into things.
- I love to play contact sports like footy.
- I like to walk on my tiptoes and not on my feet.



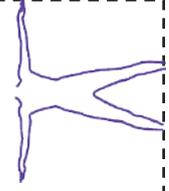
Sensory Seeking

- My family say I am overreacting when I yell or jump after I walk into things.
- Tight clothes are very uncomfortable for me.



Sensory sensitive

- I avoid crowds because I don't like it when people get close to me.
- I tried step class once and I am never going back, I couldn't follow it at all.
- When my friends want to climb on the playground equipment, I ask if we can do something else instead.



Sensory avoiding

- I have no idea how I am feeling, so when people ask me, I always say fine.
- I don't know I am cold until my fingers or toes go blue.
- I don't drink water unless the teachers tell me to.
- I don't know that I need to go to the toilet until it is almost too late.



Registration

- I like to experience extremes of temperature.
- I like swimming because I can feel all of my body parts moving in the water.
- I like to do lots of physical exercise until my body hurts.
- I like to eat until my tummy feels really full.



Sensory Seeking



- I always know when I am getting my period because I get such terrible pain in my abdomen.
- Every muscle that I notice, I experience as pain.
- I hate the feel of my heart beat, it makes me feel ill.
- I can feel my body digesting my food after I eat, it can be distracting.



Sensory sensitive

- I like to watch the same movies over again so there are no surprises, I like to know what is coming.
- I never do any physical exercise because I start to feel really hot.
- I don't drink water through the day to avoid the feeling of a full bladder.



Sensory avoiding



- My brother is always getting frustrated with me, because I don't notice his new haircut.
- I find it hard to recognise places, so I get lost easily.
- Dad is always telling me to clean my room but I genuinely don't notice the dirt and stuff on the floor.



Registration



- I love creating things, drawing and painting in lots of detail.
- I love looking at photographs and taking photos and seeing the differences in the light and shadow.
- I like lots of LED fairy lights all around my bed at home.
- I like bright shiny objects.
- I like to look at sequins.



Sensory Seeking

- I get headaches from the glare of my laptop screen after about five minutes.
- Patterned carpets make me feel sick.
- The colour orange hurts my body.
- I'm learning to drive and I find it hard to park the car because there are so many things to see, the car colours, shapes, ceiling and floor textures and colours.



Sensory sensitive



- I went to a 3D movie and I had to leave, it was so overwhelming.
- Bright lights make me feel like my eyeballs are burning so I avoid local shopping centres.



Sensory avoiding

- My dad says I need to use deodorant because I smell bad but I can't smell anything.
- I can't tell if I have had a poo in my undies, even though my grandmother says she can tell because it smells.
- I can't tell if milk is off or not before I taste it.



Registration



- I love science class when we make lots of chemicals that have strong smells.
- I am happy down at the farm or when I am fishing as I can really smell nature.
- I use lots of deodorant because it smells really good.
- I like to smell my hair when I have just washed it.



Sensory Seeking

- I worry that everyone can tell when I have my period because it smells so strong.
- We don't have bananas in our house because the smell makes me feel sick.
- The school toilets smell so bad that I feel ill if I try and use them.
- In metal work classes, the smell of metal is overpowering.



Sensory sensitive

- If I am shopping on the weekend and there is a bad smell in a shop, I have to leave even if we have only just gone in.
- I never use the toilets at school, I wait until I get home to go, because they smell so bad.
- I never wear perfume, I can't stand the smell.



Sensory avoiding

- I find it hard to hear what people are singing.
- I miss out because I don't notice when the teacher is telling us about things.
- In class it just sounds like people are mumbling all the time and I have no idea what they are talking about.



Registration



- I love singing all the time.
- When I am anxious I play the drums on the table with my pen.
- I listen to really loud music on my headphones.
- I have just joined a band, we practice in my room on the weekends.



Sensory Seeking

- When the adverts come on the TV, the volume increases which really hurts my ears.
- I tend to jump when someone near me starts talking.
- I really hate the sound of other people eating.
- I can hear the class next door just as much as I can hear my class.



Sensory sensitive

- I don't like to go to sport day because I can hear all the events being started and I can't tell which one I am meant to follow.
- I don't write, I only type because the noise that pencils make on paper really hurts my ears.
- I tap or hum to try and cover up the classroom sounds that are hurting my ears.



Sensory avoiding



- I don't really have favourite foods.
- I can eat spicy food that other people can't eat.
- I can eat lemons.
- My brother gives me off milk to drink as a joke and I don't notice it doesn't taste right.



Registration

- I love crunchy apples, they feel really nice when I eat them.
- I eat lots of frozen food straight out of the freezer, it always tastes so much better and the texture is much nicer.
- I like to chew my clothes and hair.



Sensory Seeking

- I get surprised by the different textures in food.
- I can taste the chemicals in food that isn't freshly prepared.
- I don't like foods that have strong tastes or hard textures.
- I find foods with lots of different flavours/ingredients are very unpleasant.
- I need to use a flavourless toothpaste.



Sensory sensitive

- I can't eat something unless I know what it is and what texture it will have.
- I only eat soft brown foods.
- I won't eat at Nana and Pop's house because they have different biscuits to my house.
- I drank some off milk last year and I haven't drunk milk since.
- I avoid brushing my teeth because of the way the toothbrush feels.



Sensory avoiding

- I don't have a good sense of balance and might fall over unexpectedly.
- I don't understand why people like swings, I always fall off.
- I can spin for a long time without getting dizzy.
- I find it difficult to sit up straight and often lean on the table or against my peers on the mat.
- I find it hard to stand on one foot.



Registration



- I love going on the swings.
- I like to rock back and forth when I have to wait for something.
- When I am standing up to work, I find I am often swaying.
- I love going on rollercoasters and rides.
- I like it when my uncle drives us up and down the hills.



Sensory Seeking

- I get car sick really easily.
- I get motion sickness on boats or planes.
- I feel sick when we do the balance board in gym.
- I really hate the trampoline.
- I don't like tipping my head back for dad to rinse the shampoo off.
- I don't like rollercoaster and rides.



Sensory sensitive



- I avoid car rides as much as I can.
- If I am told to do the balance board in gym, I often fall off and refuse to get back on.
- I never go on the swings at school or in the park.
- I take the stairs at the shops instead of riding the escalator.



Sensory avoiding



Sensory solutions and strategies



Key information:

- Some young people will be able to share what works for them in terms of sensory solutions whilst others are still learning to understand their own sensory needs.
- Sensory solutions can be harmful so it's important to think about their evidence base, which we're about to look at.
- Remember that Occupational Therapists can help with this process.

Links:

- Positive Partnerships sensory webinar:
<https://www.positivepartnerships.com.au/resources/practical-tools-information-sheets/sensory-resources>
- Positive Partnerships interoception webinar:
<https://www.positivepartnerships.com.au/resources/practical-tools-information-sheets/interoception>

Notes:

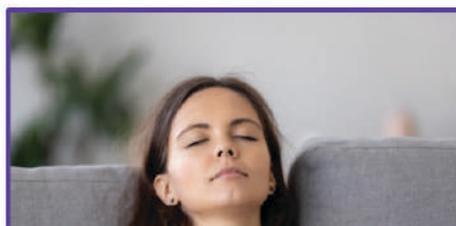
Identify sensory solutions and strategies



Modify the environment



Introduce a tool, resource or visual support



Teach a new activity or skill

Key information:

- There are many sensory solutions and resources available.
- Communication with the young person, families and professionals is vital when deciding on what sensory solutions to trial.
- You can consult with a professional with expertise in sensory processing, such as an Occupational Therapist to help make sensory solution decisions.
- Solutions that are evidence informed may work for some young people and not for others.
- It is important to consider what is evidence informed, what is feasible and what is safe.
- Research in the area of autism is fast changing and approaches that were seen as beneficial years ago may now be seen as problematic or unhelpful to autistic young people.
- The recent review of early intervention supports from the Autism CRC (2021) highlights the quality of evidence still needs to improve in the area of autism supports.
- A young person's lived experience of a solution will help them know if that solution is working or not, but this does not tell you if it is evidence informed.

Links:

- Autism CRC sensory-based interventions:
 - <https://www.autismcrc.com.au/interventions-evidence/category-overview/sensory>
- Raising Children:
 - <https://raisingchildren.net.au/autism/therapies-services/therapies-interventions>
 - <https://raisingchildren.net.au/autism/therapies-guide>

Reference:

- Trembath, D., Varcin, K., Waddington, H., Sulek, R., Bent, C., Ashburner, J., ... & Whitehouse, A. (2021). Non-pharmacological interventions for children on the autism spectrum: An umbrella review. Autism CRC <https://www.autismcrc.com.au/interventions-evidence>

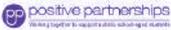
Sensory processing

	Observations and examples. What can you see or hear the young person doing?	What are the helpful and unhelpful impacts on them and others?	What strategies and adjustments might help them?
<p>Sensory processing</p> 			



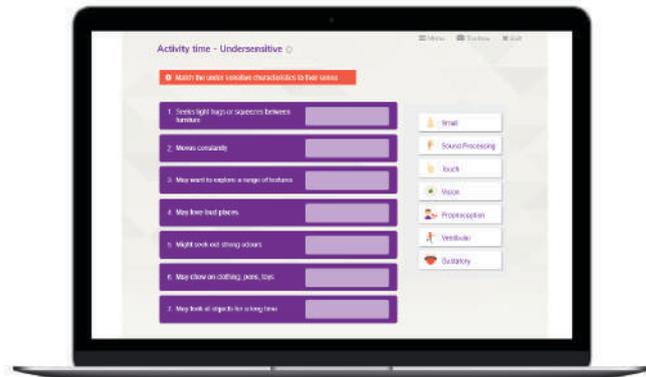
5 minutes

Resources

Sensory Tool Name _____ Date _____ 

	Under sensitive observations 'A little feels like a little'	Over sensitive observations 'A little feels like a lot'	Possible strategies
Touch (Tactile)			
Visual (Sight)			
gustatory (Taste)			
Auditory (Sound)			
Olfactory (Smell)			
Proprioception (Movement)			
Interoception			

Download the Sensory Action Plan

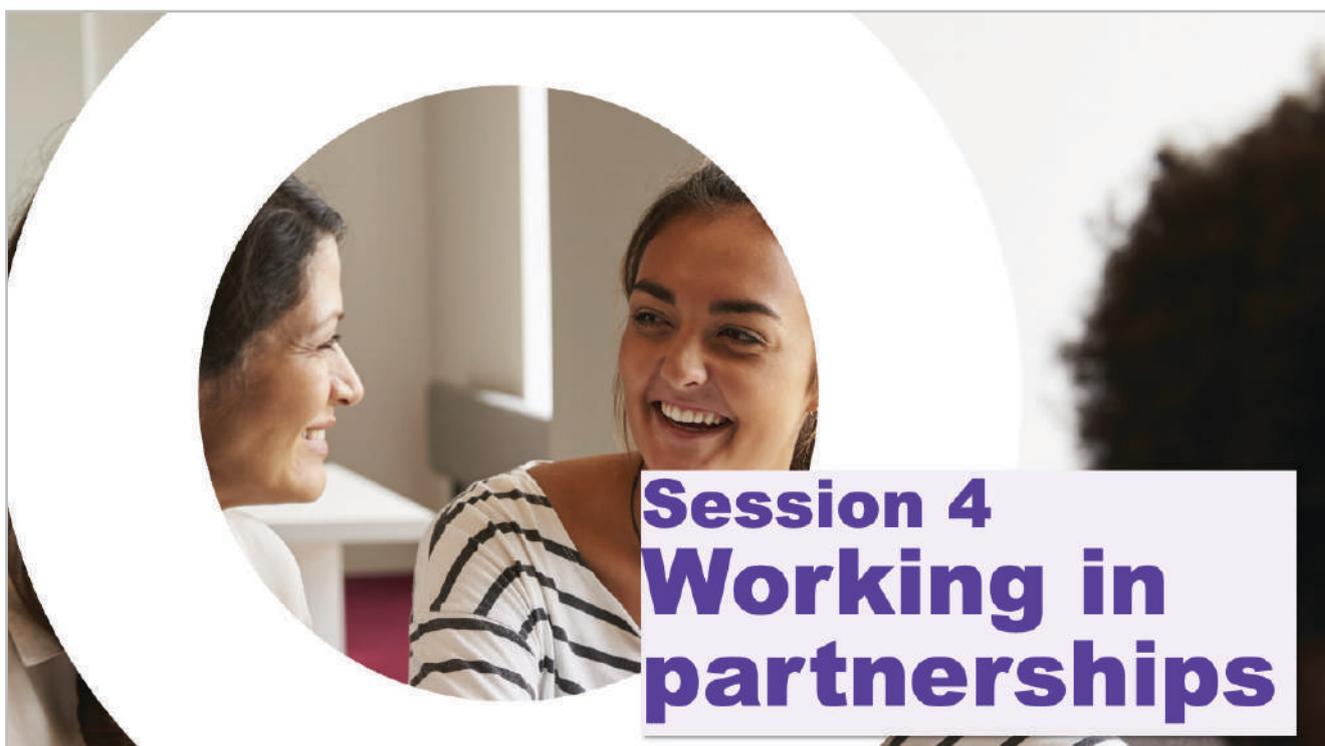


Watch a pre-recorded webinar or complete our online module

Link:

- Positive Partnerships sensory webinar: <https://www.positivepartnerships.com.au/resources/practical-tools-information-sheets/sensory-resources>

Session 4



Session 4 Working in partnerships

Session Overview



Increase understanding of ways to strengthen the partnerships between home, school and community



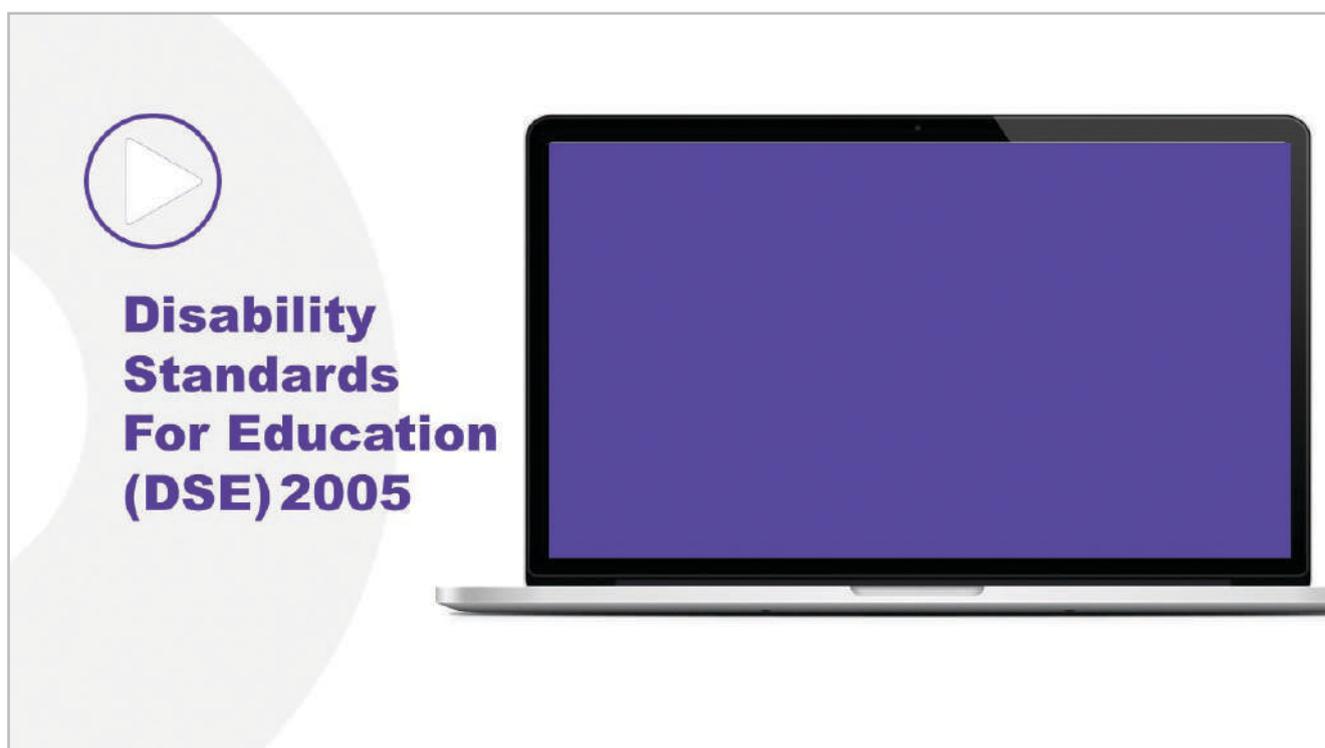
Explore rights and responsibilities under the Disability Standards for Education (DSE)



Develop plans about how to approach and prepare to work in partnership with your child's school

Key information:

- Everyone will have had different experiences of working with their child's school, some may have been really good and others may have been less positive.
- This session is about planning how to approach and prepare to work in partnership with your child's school in a solutions focused manner.



Key information:

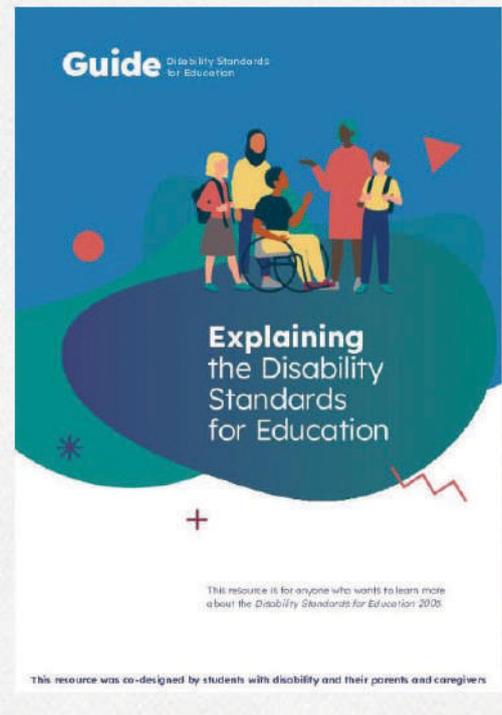
- The Disability Discrimination Act (DDA, 1992) informs the legal requirements for the Disability Standards for Education (DSE, 2005).
- The Disability Standards for Education guides the support and adjustments we must put in place for young people who learn and behave differently.
- These Standards outline the law. They are not a choice or consideration. They apply across all education sectors, all age groups and all educational settings.
- There are three main types of obligations for education providers under the Standards:
 1. consult with the student and/or their parents, guardians or carers
 2. make reasonable adjustments
 3. eliminate harassment and victimisation.
- The Standards outline measures for compliance to provide examples of what can be done to meet the requirements for each of these obligations.

Resources/Links:

- NCCD Introduction to the *Disability Discrimination Act 1992* and the Disability Standards for Education 2005. <https://www.nccd.edu.au/tools/introduction-dda-and-standards-presentation>
- Disability Discrimination Law in Australia and Overview of Rights and Requirements under the Disability Standards (2005). <http://www.ddaeducstandards.info/>
- <https://www.dese.gov.au/download/10710/summary-document-2020-review-disability-standards-education-2005/20791/summary-document-2020-review-disability-standards-education-2005/docx>

What does the DSE say about home-school partnerships?

- ✓ Are centred around the young person
- ✓ Include the voice of the young person
- ✓ Connect learning at home and at school
- ✓ Build community and identity
- ✓ Recognise the role of the family
- ✓ Use consultative decision-making
- ✓ Collaborate beyond the school
- ✓ Ensure all people participate in planning



Key information:

- The Disability Standards for Education (2005) known as the DSE says that home-school partnerships:
 - are centred around the young person
 - include the voice of the young person
 - connect learning at home and at school
 - build community and identity
 - recognise the role of the family
 - use consultative decision-making
 - collaborate beyond the school
 - ensure all people participate in planning.

Resources/Links:

- Information products for students with disability and their parents and carers - Department of Education, Australian Government.
- <https://www.education.gov.au/download/13620/explaining-disability-standards-education/28290/explaining-disability-standards-education/pdf/en>
- <https://www.education.gov.au/disability-standards-education-2005/students>
- Commonwealth of Australia 2020, *Disability Standards for Education 2005, 2020 Review*, <https://www.education.gov.au/download/10886/final-report-2020-review-disability-standards-education-2005/20837/final-report-2020-review-disability-standards-education-2005/pdf/en>



Key information:

- Understanding the challenges and strengths of both parents/carers and school staff in the partnership can help build trust and confidence in the relationship.
- There are similarities and differences between what parents/carers and school staff bring to the partnership.
- In effective collaborations, everyone has the child at the centre and the child’s voice is included.
- At the heart of all interactions there should be an assumption of good intent regarding the outcomes for the child.

Notes:



What would you like to improve in your home school partnership?

Key information:

- Parents and families can, in partnership with schools, support the learning of young people by promoting positive attitudes towards education and nurturing young people’s confidence as learners (Barker & Harris, 2020).

Resources/Links:

- Barker, B., & Harris, D. (2020). *Parent and Family Engagement: An Implementation Guide for School Communities*. Canberra: ARACY.

Notes:



Planned and collaborative approach

Key information:

- Teachers and schools need a variety of information and clear agreed priorities for your young person.
- It can be difficult to get information into an easy to use and accessible format.
- The Positive Partnerships' 'Working Together Communication Tool' and 'Partnership Planning Template' can help to clarify how to communicate this information to schools.
- The Planning Tool can help to ensure that key information about your young person is shared with the school.

Resources/Links:

- Working Together Communication Tool and Partnership Planning Template in participant workbooks.

Notes:

Working Together Communication Tool

<p>How are we going to communicate as a home school partnership?</p> <p><i>(Circle or highlight the ones that are most useful to you)</i></p>	<p>How often are we going to communicate this way and what are we going to communicate about?</p>	<p>Next steps and dates</p> <p><i>(write in any meetings or planned communication and when they will happen)</i></p> 
 <p style="text-align: right;">Text</p>		
 <p style="text-align: right;">Email</p>		
 <p style="text-align: right;">App</p>		
 <p style="text-align: right;">Phone</p>		
 <p style="text-align: right;">Communication book</p>		
 <p style="text-align: right;">Face to face</p>		
 <p style="text-align: right;">Other</p>		

Partnership Planning Template

Next step planning
What is your current priority? (examples here)
What is the student's priority? (example here)
What do you plan to do next?
Who or what could help you?
When will you start?

Positive Partnerships is funded by the Australian Government Department of Education. The views expressed within this program do not necessarily represent the views of the Australian Government.

CREATE a plan for moving forward

- 1** What is the biggest issue you are currently experiencing, or one thing you feel could help foster a more positive and productive partnership?

- 2** What will be the first step you need to take? What will you need to do? For example: ask for a meeting; complete a Planning Tool together as a starting point for discussion.

- 3** Who might you need to call on for help? Will you need to ask a support person to attend a meeting with you? What other resources might you need?

- 4** Decide on a start date!

Key information:

- When preparing a meeting with the school it will be helpful to think about:
 - questions to ask (writing these down can remind you to discuss at the meeting)
 - what you will say to contribute to each stage of the discussion
 - what action or outcome you would like from the meeting
 - what action or outcome others might like from the meeting.

Resources/Links:

- Meetings toolkit - Nationally Consistent Collection of Data ([nccd.edu.au](https://www.nccd.edu.au))
<https://www.nccd.edu.au/wider-support-materials/meetings-toolkit>

Notes:

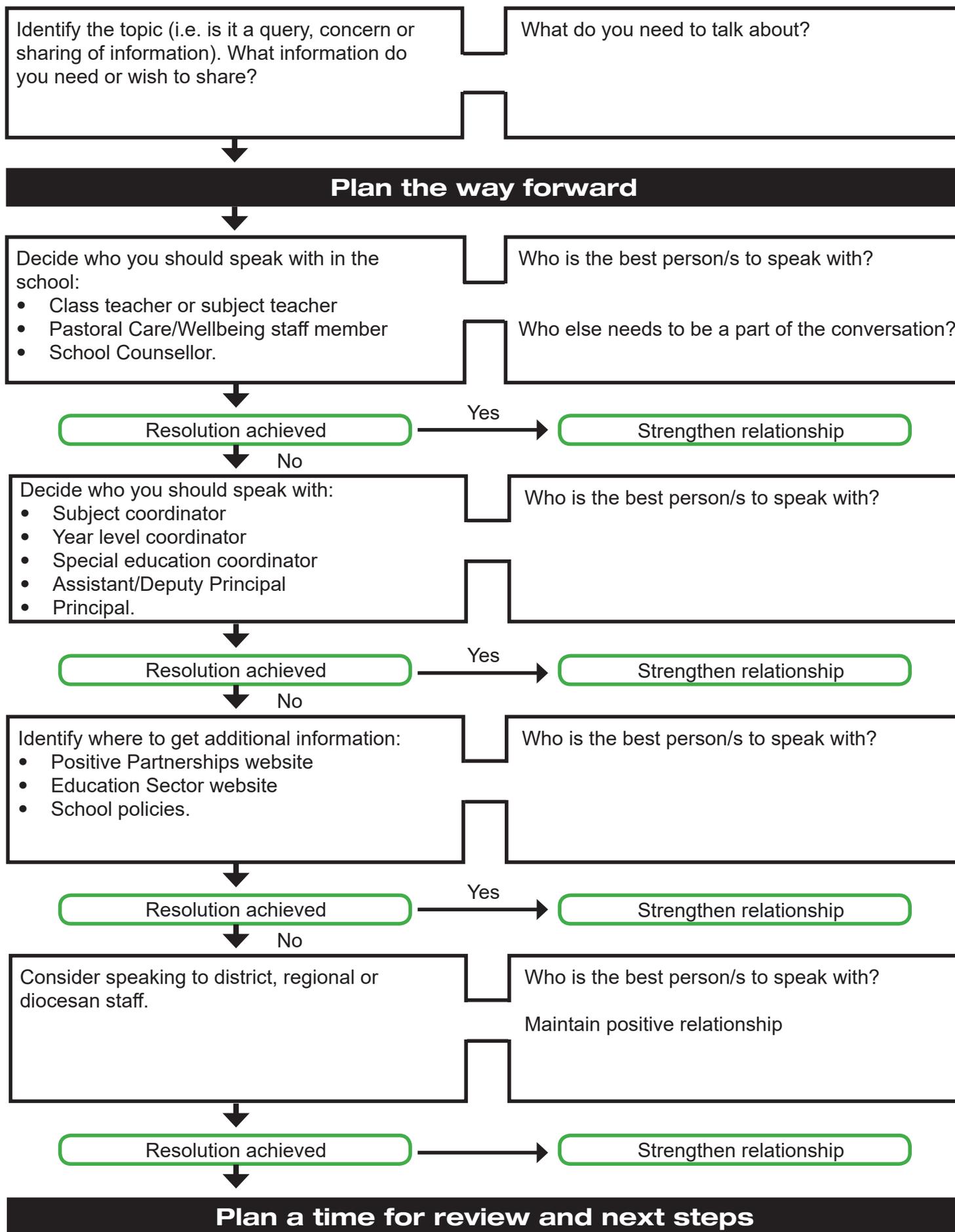
Partnership Planning Template

- This template may help parents/carers and school staff to work together. You can tick a box or write down extra ideas.
- The first column lists what has worked well.
- The second column lists what has been challenging.
- The third column lists what could help

What has worked for you?	What has been challenging?	What could help?
<input type="checkbox"/> Regular face-to-face catch-ups <input type="checkbox"/> Regular written feedback, i.e. communication book, reports <input type="checkbox"/> Regular text messages <input type="checkbox"/> Regular emails <input type="checkbox"/> Regular video conferencing <input type="checkbox"/> Recorded meetings, i.e. audio, video <input type="checkbox"/> Meetings with an advocate <input type="checkbox"/> Group meetings with an advocate <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> Ongoing written communication between home and school <input type="checkbox"/> Sharing of goals and concerns <input type="checkbox"/> Finding a time for parents and schools to speak <input type="checkbox"/> Understanding what is important to talk about <input type="checkbox"/> Feeling heard <input type="checkbox"/> Communication, i.e. expressing myself <input type="checkbox"/> Listening for extended periods of time <input type="checkbox"/> Environment, i.e. fluorescent lighting, noise levels <input type="checkbox"/> Negative experiences in the past <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> Having a regular time to meet <input type="checkbox"/> Ongoing written communication between home and school <input type="checkbox"/> Having an advocate or support person at the meetings <input type="checkbox"/> Sharing how things are going at home or at school <input type="checkbox"/> Sharing key things that may impact on home or school <input type="checkbox"/> Voice of the young person being included <input type="checkbox"/> List of goals <input type="checkbox"/> Different meeting environment <input type="checkbox"/> Visual support for ideas shared in meetings <input type="checkbox"/> Use of and access to interpreters <input type="checkbox"/> _____

Next step planning
What is your current priority? (examples here)
What is the student's priority? (example here)
What do you plan to do next?
Who or what could help you?
When will you start?

Conversation Planner



Working together

What is one key action that you are taking away from this session?



Key information:

- Working together in partnership with home and school takes effort but is linked to improved outcomes for all children and young people, especially diverse learners.

You are important



Key information:

- If you do not take care of yourself eventually you will have nothing left to give to others.

Looking after yourself

1. Read a whole chapter of that book you have been meaning to finish forever – no interruptions.
2. Spend 5 minutes soaking up the sunshine on your face.
3. Listen to an old favourite song that hasn't been in your music rotation for months or years.
4. Grab a coffee to go and sit on the grass in the nearest park.
5. Have a soak in the bath for half an hour with Epsom salts and candles.
6. Indulge in a daydream or meditation for 20 minutes.
7. Pick a vegetable you don't recognise at the grocery store and make a meal with it for dinner.
8. Get lost in a second-hand bookstore and keep an eye out for old notes hidden in the pages.
9. Wake up to watch the sunrise and enjoy the tranquillity of that time of day.
10. Go see a movie by yourself.
11. Plan time to watch your favourite sport live or on TV.
12. Have an afternoon nap guilt-free.
13. Give yourself a foot bath or have a sauna or spa at a gym.
14. Watch a TED talk on YouTube.
15. Change your phone screensaver to something that makes you smile.
16. Spend a morning taking photographs of your city – see what you've never noticed before.
17. Have a glass of ice water with lemon and mint leaves in your favourite glass.
18. Spend 10 minutes writing down everything you are grateful for.
19. Text an old friend and invite them for a chat. Have a conversation that is not about the children.
20. Spend an extra five minutes in bed in the morning.
21. Sign up to a free online course – there are thousands available.
22. Try a gentle yoga or Tai Chi class.
23. Spend time alone in your space at home, e.g. garden, shed, veranda, bedroom.
24. Have dinner on your own in a nice restaurant – take time to really enjoy the food.
25. Find things that make you laugh – laughing is great therapy

Resources



positivepartnerships.com.au



[LinkedIn positive partnerships](#)



[Instagram @positivepartnerships](#)



[Threads @PositivePartnerships](#)



[pinterest.com.au/
PositivePartnershipsAustralia/](https://pinterest.com.au/PositivePartnershipsAustralia/)



facebook.com/PositivePartnershipsAU



Moving Forward



<http://tiny.cc/PP-PCfeedback>

Feedback Form

Your feedback is very important to us and will help ensure that our professional learning events are effective and meet the learning needs of participants.

Start

Are you a teacher or a parent/carer?

- Teacher
- Parent/carer

How was the workshop or session facilitated?

- face-to-face (in person)
- online

Which workshop or session did you attend today or most recently?

- One Day Parent Carer Workshop
- Two Day Parent Carer Workshop - Day 1
- Two Day Parent Carer Workshop - Day 2
- Yarning and Sharing about autism
- Schools and Families Together Program - Parent



positivepartnerships.com.au