

A LITTLE ABOUT L...

A bit about me:

I love numbers, letters, signs, weather, and maps.

I like to play Legos with my sister.

I am very precise and thoughtful. Please give me a few seconds to respond to questions.

I excel at:

Reading & math! I *must read every word* I see. I often do math in my head. It can be distracting!

Visualizing and creating bridges, conduits, dams, ramps, pulleys, conveyor belts, and chutes.

Riding my bike.

I think of myself as:

A helper. Give me a job and I'm on it!

As fast as a jet and an amazing maze maker!

Being in Zones of Regulation*.

Blue = sick or tired

Green = good to go

Yellow = excited or upset

Red = exploding (!!).



I get upset when:

I think someone is teasing me or laughing at me. I often misinterpret fun as teasing.

- Help me recognize a “good tease” (“You’re it” in tag means they want you to play)
- Help me switch activities/move away

I’m hurt, tired, or not feeling well.

When I’m upset, I lose my words. Sometimes I even hit or push. I know that’s NOT OK. Please use a calm, firm voice when you address me and help me take a break.

Easy wins:

My own written schedule on my desk with check boxes helps me feel calm.

Give me a fidget and wiggle seat during group/sitting still time. I sometimes wear a chewie necklace to help me focus.

A movement/stimulating break in the AM and a calming/deep pressure break in the PM feel good.

I’m working on:

Keeping my wiggles to myself. If I hug or get in friends’ space, I may be overwhelmed, amped up, or not sure how to engage with others. Please...

- Help me take a break to get physical needs met (wall pushes, yoga poses w/ head down, time alone in quiet)
- Help me engage with a friend (“Do you know that friend’s name?” “Let’s see if he/she would like to_____.”)
- Help me think with my eyes** Ask me to look at/help describe what friends’ bodies/faces say about their feelings (“He’s frowning/turning away. He’s showing you he does not want a hug.”)

*Zones of Regulation - socialthinking.com

**From Incredible, Flexible You curriculum – socialthinking.com

Hello Parks Playground Staff,

Thank you for providing structured and engaging activities and for building relationships with kids at Parks Playgrounds! L... did well in Preschool Playgrounds last summer and had a great Kindergarten year as well, but I want to share some information to help you get to know him and his strengths and struggles. L... has autism/Asperger's and I find sharing this up front helps people be curious and proactive/creative with him rather than surprised and reactive when unexpected behaviors happen. I think he will have a great summer and he's very excited to play with friends and be at the same site as his little sister, E..., this year.

I'm very open to talking more about questions you may have or concerns that come up. I often gauge L...'s energy level/mood in deciding to send him to the program or not, so knowing how things go can help me a lot. Feel free to call me anytime at