Special Education Resources

Compiled by Arlington Public Schools, Arlington, VA

The following information is provided as supplemental material for you to use while working with your student during this time. None of these activities are mandatory, but we believe you will find many of them helpful and engaging.

As always, we are here to help and provide services as we can. Please do not hesitate to contact us if you have any questions that we can assist with. A contact list is included on the website.

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Helping your child understand Coronavirus (suitable for all ages)

- Link to Coronavirus Social Story for Kids
- COVID-19 Information By and For People with Disabilities:

Managing Behavior at home (suitable for all ages)

- Temporary Strategies for Avoiding or Reducing Problem Behaviors in the Home Setting

Establishing Daily Routines (suitable for all ages)

- Morning Routine Tip Sheet
- Bedroom Routine Tip Sheet
- Bedtime Tip Sheet  Spanish
- Establishing Mealtime Routines for Children Tip Sheet
- Bath Time Tip Sheet Spanish
- Establishing Toileting Routines for Children Tip Sheet
- Toileting Routines for Children Spanish
Sensory/Self-Regulation Resources (suitable for all ages)

- Emotions Chart
- Home Sensory Self-Regulation Activities
- Self Regulation in Kindergarten
- Activities to Teach Children Impulse Control
- Link to Coronavirus Social Story for Kids
- Activities to Teach Children Impulse Control
- Anger Rating Chart
- Emotions Chart
- How to Help a Child Struggling with Anxiety: This link from NPR covers how to identify and help children manage anxiety. It also includes a cookie monster video.

Elementary Literacy Resources

- Colorín Colorado: Resources for parents of English Language Learners
- National Center for Family Literacy
- PALS: The Phonological Awareness Literacy Screening (PALS) site has activities support phonological awareness and literacy skills, as well as monthly literacy activities that are available to families with children grades PK-3.
- Reading Rockets: Leading research in literacy and at-home activities
- Scholastic Learn at Home: Free Resources for School Closures (Available in Spanish)
- Starfall: Phonemic Awareness and Reading Online Games
- Wonderopolis: Where the Wonders of Learning Never Cease
Grades 6-12 Literacy Resources

- Card Games CORE
- Chunk Paragraphs and SOL Writing Prompts
- Computer and Tablet CORE (with fringe)
- Describing
- Discussion Skill Sentence Starters
- Factual and Inferential Questions
- Functional Life Skill Practice Activities
- Functional Life Skills Practice Activities 2
- Hamburger Paragraphs Power Point
- Hamburger Paragraph Graphic Organizer
- How Big or Small is the Problem
- Grocery Shopping CORE
- Inferencing Graphic Organizer
- Middle School Bundle: Includes resources for teaching writing narratives, making inferences, figurative language and idioms; using clear speech (not mumbling); and self-calming and regulation.
- Middle School Language (receptive and expressive)
- My Personal Dictionary: An Expanding Vocabulary Activity
- Narrative Retell Graphic Organizer
- Speak For Yourself Overlay
- SOL Writing Prompt – Graphic Organizer
- Star Sentences Worksheet
Show Don’t Tell Sorting Game
Word feast example
Zig Zags: Similarities and Differences Basic

Grades 6 – 12 Math Resources (compiled by George Mason University’s TTAC)

- National Council of Teachers of Mathematics (NCTM) Illuminations: Resources for Teaching Math
- GeoGebra Geometry
- Graspable Math (Algebra)
- EquatIO: Make Math Digital
- Assistive Technology for Math (Understood.org)