



RoutineTM Kit

ASSESSMENT TOOL FOR PARENTS/CARERS
AUTISM CONSULTANT NITM

Routine Kit

This is a guide for PARENTS/CARERS to support them with putting together a new routine during these strange times. The idea is for parents to assess what activities are a priority and when they should be carried out. I will provide further details through the week regarding sensory activities, play activities, life skills, schedules etc.

But for now this focuses on Routines. Use these tools for yourself as well as your children to support you with putting together new routines for yourself, not just your child/young person.

*When using this tool think about the needs of your child. If they can only cope with 20 minutes of school activities per day, that is ok. If they can cope with 60 mins split into six 10 minute chunks that is ok. There is no right or wrong. Well-being and mental health now more than ever needs to be prioritised. Keep following my social media for more information through the following weeks.

Assessment Routine

1. First establish list of activities
2. Next decide how often they should be carried out.
3. Then decide priority
4. Last when best to carry out chore (morning, afternoon, evening)

Activity List

Establish an activity list for each and all of the activities to be completed, this can be school or home activities (e.g. play a game, free time, spellings, reading etc.).

I've added a template for the activities. Think about fun family activities, sensory activities, solitary activities as well as school activities. Also take note of the activities (particularly school activities that are independent and dependent as you will need to ensure the child has assistance when and where required).

Activity List



School Activities



Fun Activities



Life Skills



Other



Sensory Activities



Family Activities

Assessment Results

1. First establish list of activities
2. Next decide how often they should be carried out.
3. Then decide priority
4. Last when best to carry out chore (morning, afternoon, evening)

How Often?

Each and all of the activities to be completed, this can be school or home activities (e.g. play a game, free time, spellings, reading etc.)

- A) Daily
- B) Every other day
- C) Weekly
- D) Other

Rate how often each activity should be done. *Note - don't worry if it needs to change or doesn't work out how you intended, this is about setting new routines to give a sense of security which is vitally important for everyone.

E.g.

Spellings - Daily

Make Bed - Daily

Play Time - Daily

ICT - Weekly

Priority

Now it is time to look at the priority of each activity on the list of activities. Go through each activity and assign each a number from 1 - 5. *Top Tip Highest priority is always well-being. What makes your child feel good? Art? Outside? Sensory tasks? These should always be prioritised to the top of the list!

Priority

- 1 - highest priority
- 2- high priority
- 3 - medium priority
- 4 - low priority
- 5 - very low priority

ROUTINE ASSESSMENT SCHOOL WORK

 Activity	 How often	 Priority	 Time to carry out	
School Work Activity 1	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM	
School Work Activity 2	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM	
School Work Activity 3	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM	
School Work Activity 4	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM	
School Work Activity 5	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM	
School Work Activity 6	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM	
School Work Activity 7	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM	
<div style="border: 2px solid gray; padding: 10px; transform: rotate(-15deg); display: inline-block;"> Colour Co ordinate Activities </div>	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM	

Assessment Results

1. First establish list of activities
2. Next decide how often they should be carried out.
3. Then decide priority
4. Last when best to carry out chore (morning, afternoon, evening)

When?

Okay, so now you should have

- A list of activities to be completed
- An idea of how often they need to be completed
- How much of a priority each item is on the list

So now you need to decide WHEN is the best time to complete each of these activities. *Don't worry this is NOT set in stone. It is ok to change this if the new routine doesn't work. This is all about adapting, trial and error.

- Morning, Afternoon, Evening - When is best for each task to be completed?

*Top Tip - Most people reach their cognitive peak at around Midday - maybe the best time to tackle new or tricky tasks?

I find this can be the bit of the process that needs adapted the most... Tasks that our kids find tiring or tricky should be followed by a break either a natural break such as lunch or snack ALWAYS encouraging movement/sensory type task or alone time may be needed. Or a 'Movement/Brain Break that should be purposely scheduled onto their schedule. We will look more at these through the week.

You should now have an idea of when these tasks need to be completed. Use the template provided to schedule in activities for the week. See example.

EXAMPLE ROUTINE ASSESSMENT SCHOOL WORK

 Activity	 How often	 Priority	 Time to carry out
Spellings	Daily	1	AM Before Break
Tables	Daily	1	AM Before Break
Literacy Task	Daily	3	Afternoon (after lunch)
Numeracy Task	Daily	3	AM Before Lunch
Reading	Daily	3	PM Bedtime
Art	Weekly	4	Afternoon (after lunch)
ICT	Weekly	5	Afternoon (after lunch)
PE	Every Other Day	3	AM Before any work

EXAMPLE WEEKLY SCHEDULE

MONDAY

PE
SPELLINGS
TABLES
NUMERACY
LITERACY
READING

TUESDAY

SPELLINGS
TABLES
NUMERACY
LITERACY
ART
READING

WEDNESDAY

PE
SPELLINGS
TABLES
NUMERACY
LITERACY
READING

THURSDAY

SPELLINGS
TABLES
NUMERACY
LITERACY
ICT
READING

FRIDAY

PE
SPELLINGS
TABLES
NUMERACY
LITERACY
READING

SATURDAY

NOTES

TARGETS FOR THIS WEEK

- SCHOOL WORK: ONE HOUR PER DAY
- MESSY PLAY X1 THIS WEEK

GAME FOR THE WEEK

- LEGO - LET'S BUILD TOGETHER

LIFE SKILL

- TEACH MAKING BED INDEPENDENTLY

WEEKLY SCHEDULE

MONDAY

EAT BREAKFAST
BRUSH TEETH
MAKE BED - WITH HELP
GET DRESSED
PE - JOE WICKS
SPELLINGS
TABLES
BREAK
NUMERACY
BRAIN BREAK
LITERACY
LUNCH
WATER PLAY
TRAMPOLINE
TECHNOLOGY
DINNER
DANCE GAME
READING - BED TIME

TUESDAY

WEDNESDAY

Underlined are the activities my child needs support with.
Priority For Today...
- Get Dressed
- Water Play
- Dance Game (with family)
- Reading




THURSDAY

FRIDAY




SATURDAY

NOTES





ROUTINE ASSESSMENT CHILD - LIFE SKILLS

 Activity	 How often	 Priority	 Time to carry out
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM





ROUTINE ASSESSMENT CHILD - FUN ACTIVITIES

 Activity	 How often	 Priority	 Time to carry out
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM

ROUTINE ASSESSMENT CHILD - SENSORY ACTIVITIES





 Activity	 How often	 Priority	 Time to carry out
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM

ROUTINE ASSESSMENT CHILD - FAMILY ACTIVITIES

 Activity	 How often	 Priority	 Time to carry out
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM

ROUTINE ASSESSMENT

CHILD - SOLITARY (ALONE) ACTIVITIES

 Activity	 How often	 Priority	 Time to carry out
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	1 2 3 4 5	AM/Afternoon/ PM

Checklist

- I've added in a checklist here this can be for you - the parent or for the child (if appropriate).
- Use a schedule for everyday
- You will see I have also added in a little traffic light system. We will go through these in more detail through the week.
- You can use the traffic light system or your child can to identify how easy/difficult they found the task.

How to use





- Place all activities for the day onto the checklist. Add in breaks/snacks/lunchtime etc onto this list.
- Check off activities as you/child completes them
- Check the difficulty level (green-easy, Orange-tricky, Red-difficult)

We will look at appropriate schedules through the week.

We will also look at how to put a schedule together WITH your child through the week - How to give choices and how to make changes. This is particularly important for children with a PDA profile.

Daily Schedule

DATE:

ACTIVITIES	DONE 			
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

**Any Questions?
Please like and share
on
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AUTISM CONSULTANT NI

gemma@autismconsultantni.com