

For daily updates on services available in your area during COVID-19

~~DAILY UPDATE~~

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## COVID19

Doing School Work at Home  
18/05/2020

Sensory Choice Board  
17/05/2020

Anxiety Resource For Teens  
16/05/2020

5		<b>Angry</b> I've lost control, I'm not listening anymore.
4		Calm your body
3		
2		Engage with the world around you (Say: 5 things you can see 4 things you can hear 3 things you can touch 2 things you can smell 1 thing you can taste)
1		

add in pause take away

Tick when complete

✓

Get dressed ☐

Get my breakfast ☐

Brush my teeth ☐

ipad ☐

Phone Grandma ☐

Drawing ☐

Lunch ☐

Reading ☐

Lego ☐

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A range of supportive resources and ideas are available for viewing and download on the Middletown Centre For Autism dedicated COVID-19 web section [HERE](#)