

# Activities and Services for Individuals with Special Needs During COVID-19 Quarantine



Compilation of many resources from school districts, the government, Teachers Pay Teachers, and messages from our followers.

Contact for Support: [school@muhsen.org](mailto:school@muhsen.org) and [volunteer@muhsen.org](mailto:volunteer@muhsen.org)

## [Recorded MUHSEN Webinar](#)

### **Schedules/ Social Stories**

[Child Friendly Explanation of Coronavirus](#)

[Coronavirus Story](#)

[What is Coronavirus?](#)

[COVID-19](#)

[My Morning Routine / Chores Board](#)

[Visual Rewards Chart](#)

[My Task Chart](#)

[First Then Chart](#)

[Activity Logs](#)

[All day at home with kids – how do I structure the day?](#)

[Visual schedules:](#)

[A schedule gone viral](#)

### **Math**

[Xtramath](#)

[PBS Kids](#)

[Fluency and Fitness](#)

[Adapted Mind](#)

### **Reading**

[Epic!](#)

[Scholastic](#)

[HearBuilder](#)

[Starfall](#)

### **Science**

[National Geographic Kids](#)

[Time for Kids](#)

[Mystery Science](#)

## **Personal Skills**

[Personal Skills Worksheet](#)

[Personal Hygiene Social Story](#)

[Personal Hygiene Reading Comprehension](#)

[Chores Social Story](#)

[Visual Recipe Sheets](#)

## **Sensory Activities**

### Heavy Work/Calming Activities

- Carrying groceries to and from the car
- Carrying garbage cans to and from the curb
- Carrying a bucket of water
- Cleaning table tops and windows
- Vacuuming
- Mopping
- Push-ups
- Pushing and pulling a laundry basket or cardboard box filled with various weighted items
- Moving the laundry from the washer to the dryer
- Wrapping your child snugly in a blanket and pretending he/she is a burrito!
- Carrying laundry/laundry baskets up and down the stairs
- Wheelbarrow races
- Jumping jacks
- Animal walks
- DIY Sensory Bins
  - Find a medium sized container or shoebox
  - Find items in your house that can be used for a sensory bin (uncooked beans, uncooked rice, uncooked pasta)
  - Ask your child to help you fill the box halfway and hide items in the box such as puzzle pieces and toys.
- Tactile Play
  - Play with playdoh, putty, or clay
  - Roll logs, flatten pancakes,
  - Make letters or shapes
  - Draw letters or shapes in salt or rice on a cookie sheet
  - Playing with shaving cream

## **Fine Motor/ Visual Motor**

- Q-Tip Painting
  - Use q-tips to paint pictures
- Ball Skills
  - kicking balls, throwing balls at targets; make homemade basket ball nets using laundry or waste paper basket or boxes; play catch
- Play with puzzles, board games, card games, building blocks, legos, etc
- Stringing beads
- Coloring
- Write the ABCs in upper case letters and lowercase letters
- Dot to dot and mazes from activities books
- Cut pictures from magazines or newspapers

- Copy words / sentences from books
- Use kitchen tongs to pick up small objects
- Practice keyboarding skills on [www.typingclub.com](http://www.typingclub.com)
- Paint by number projects

### Self Help Skills

- Help prepare a meal or snack. Write a sentence about how it turned out.
- Sort a jar of loose change into pennies, nickels, dimes, quarters. Count the total.
- Play a board game with your family. Write a few sentences about the game.
- Complete a household chore (folding clothes, wash dishes). Write a few sentences about the task you completed.
- Practice tying shoes with pipe-cleaner
- Practice dressing skills.
- Sequencing - follow a recipe and make quick microwave meals/oven meals

### Online Resources

Hands On As We Grow: <http://handsonaswegrow.com>

Typing club: <https://www.typingclub.com/sportal/program-3.game>

Eye can learn: <http://eyecanlearn.com/>

Highlight for children: <https://www.highlights.com/store/categories/games>

Go Noodle: <https://www.gonoodle.com>

Youtube: Gross motor activities, yoga for children

Pinterest: Fine motor activities, Sensory activities at home for kids

[Giant List of Ideas for Being Home with Kids](#)

### Leisure Activities

- Go for a walk outside
- Puzzles
- Educational Games [ABCya!](#), [Math Playground](#), [Hello Kids](#)
- [Craft Ideas from Pinterest](#)
- [Exercise Videos: Little Sports](#)
- Video Calls with Peer Buddies, Friends, or Weekend School TAs
- Movement Chart

### Islamic Activities

- [Noor Kids Online Classes and Activities](#)
- [Tj Homeschooling](#)
- [Happy Muslim Homeschool](#)
- Supplemental Activities (contact [school@muhsen.org](mailto:school@muhsen.org))

### Additional Resources

[FREE Emergency Resources](#)

[70 Activities for When Stuck at Home](#)

[List of Educational Companies Offering Free Subscriptions](#)

[Teachers Pay Teachers](#)

[Apps for Special Needs](#)

[Autism Educator](#)

[ABA Therapy](#)  
[Speech Therapy](#)  
[National Association of Downs Syndrome Resources](#)

### **Government / State Services**

[CDC](#)  
[IDEA Coronavirus Questions and Answers](#)  
[US Department of Education Frequently Asked Questions](#)  
[Illinois Department of Public Health](#)  
[Texas Department of Public Health](#)  
[California Department of Public Health](#)  
[New Jersey Department of Public Health](#)  
[Michigan Department of Public Health](#)

### **Support Services**

Contact: [volunteer@muhsen.org](mailto:volunteer@muhsen.org)  
to be connected to a volunteer in your area for assistance with grocery, medication pickup, or video calling with a peer buddy!

Contact: [school@muhsen.org](mailto:school@muhsen.org)  
to be connected to our school coordinator for any educational or behavioral consulting.

MUHSEN Chapter Leads for local information:

- Dallas Chapter Lead- Rafia Shujaat [dallas@muhsen.org](mailto:dallas@muhsen.org)
- New Jersey Chapter Lead- Fatin Khairallah [NJ@muhsen.org](mailto:NJ@muhsen.org)
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- Houston Chapter Lead- Nadiya Shafi [dushouston@muhsen.org](mailto:dushouston@muhsen.org)

**If you would like more specific resources or worksheets contact [school@muhsen.org](mailto:school@muhsen.org)**