

Resources for Parents of Learners with Special Needs

This list of resources is designed to be used by families to supplement district-provided materials for learners with special needs, including those with significant cognitive disabilities.



Resources for Creating Routines and Activities that Support Wellness

[Understood.org](#): Sample schedules, learning contracts, and picture-based routine planners for at-home learners across elementary, middle, and secondary-school levels are available for download [here](#).

["First-Then" Board](#): In this video, experts share ideas in which "First-Then" boards can be used as a transitional tool, mini portable schedule, or symbolic tool for non-readers. Strategies can be adapted to meet each learner's age and developmentally-appropriate needs that range from single "First-Then" activities, to more complex schedules.

[Harmony at Home](#): Free online social/emotional tools for parents to use with their learners at home (includes stories, games, songs, activities, conversation starters) for students in Grades Pre-K-2 and Grades 3- 6.

[Sesame Street Caring for Each Other](#): Sesame Street offers a variety of family and child resources to support wellness during the COVID-19 pandemic. Referenced here are some of our favorites to support your learner's routine and emotional wellness: [Elmo's Morning Routine*](#), [R is for Routine](#), [Monster Meditation](#) and [Learn to Belly Breathe with Rosita*](#). (Note: those marked with an asterisk are not closed captioned.)

[Accomplishment Box](#): Inspired by Understood.org, this activity encourages learners to reflect on their accomplishments. Using the prompts [\[PDF\]](#), children will write (or illustrate) their responses on paper and place them in their Accomplishment Box, that can be decorated to showcase their interests and individuality. This activity may further motivate and build confidence toward reaching future goals.

[My Hero is You](#): Released by the Inter-Agency Standing Committee Reference Group on Mental Health and Psychosocial Support in Emergency Settings, this storybook was written for children around the world affected by COVID-19. Intended to be read with parents/guardians, this book is available in over 30 languages and can be downloaded as a free [PDF](#).

[Supporting Parents/Caregivers of Students with High Needs During the COVID-19 Pandemic](#): Developed by the Connecticut State Department of Education, the RESC Alliance, the Connecticut Parent Advocacy Center (CPAC), and the Connecticut Association of Private Special Education Facilities (CAPSEF), this guide provides parents with tools and resources to engage your child/young adult in continued educational opportunities during the COVID-19 pandemic.

Visit the Connecticut State Department of Education Website <https://portal.ct.gov/sde> and [COVID-19 Resources for Families and Educators](#) for access to updated resources, tools, and recorded webinars.

Compiled by the Connecticut State Department of Education, Performance Office, May 2020. The inclusion of resources on this page does NOT constitute an endorsement or recommendation of any specific online material, program, or by any person who has contributed. These resources are included solely to provide continued support to families during school closures due to the COVID-19 outbreak.