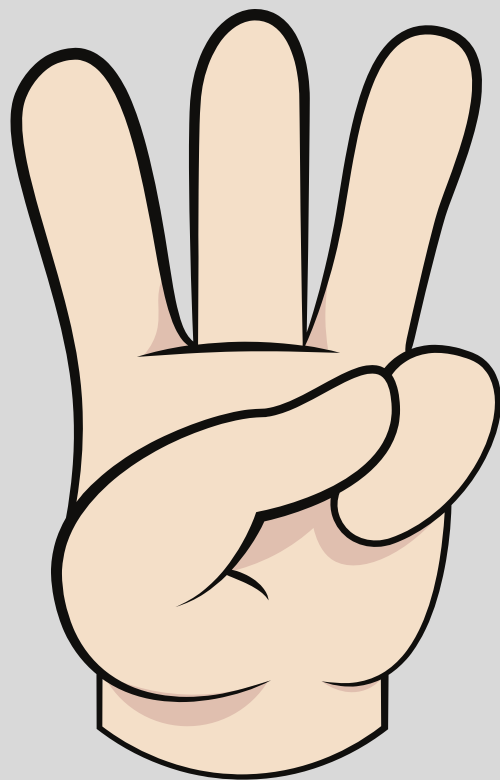
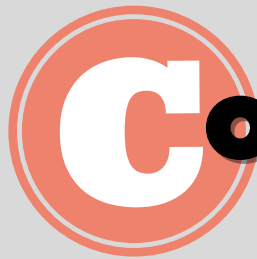
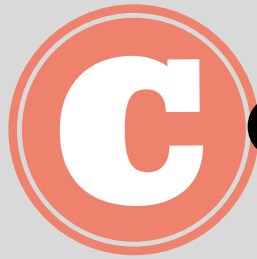


CONSISTENCY



CONNECTION



COMPASSION

Resilience, or the ability to cope with life's stressors, is an important skill for all students. However, the core features of autism spectrum disorder, including differences in social communication, focused interests, and preferences for routine can create additional barriers for autistic students to cope with life stressors.

Educators, community providers, and caregivers can support autistic students' resilience and development of effective stress management skills by creating predictable environments, connecting through positive feedback and relationship building, and recognizing and responding to students' individual needs and preferences with flexibility and compassion.

why?

what?

THESE THREE PRINCIPLES UNDERLIE MANY PROGRAMS AND CURRICULA AIMED AT SUPPORTING STUDENTS' RESILIENCE, OR ABILITY TO MANAGE AND COPE WITH LIFE'S STRESSORS.

“Consistency means creating an environment that is predictable.”

consistency

Example: Students know that every time they enter the room for math, they should place their homework on Ms. Allen's desk, take a calculator from the shelf, and start an independent review worksheet.

POST THE DAILY SCHEDULE IN A PROMINENT LOCATION AND MODEL CHECKING IT BEFORE AND AFTER ACTIVITIES.

“Connection means that students can develop and maintain positive relationships with adults and other students.”

connection

Example: Mr. Driver asks questions about students' interests and lives based on a beginning of the year "All About Me" survey.

PROVIDE SPECIFIC, POSITIVE FEEDBACK TO STUDENTS ABOUT WHAT THEY ARE DOING WELL.

“Compassion means allowing for flexibility to meet students' unique needs.”

compassion

Example: Ms. Egger posts a small version of the schedule on the desk of a student who is struggling with transitions between activities, even when she uses a class-wide schedule. She uses this to teach him how to transition.

ACKNOWLEDGE WHAT YOU ARE SEEING IN A STUDENT'S MOMENT OF FRUSTRATION, AND ASK WHAT THEY NEED TO HELP.