

# Resource Links

## For Youth with Disabilities

### Parent and Family Resources for Supporting Mental Health

#### **Breathe-Think-Do with Sesame Street**

- The Big Idea: In challenging situations, taking slow, deep breaths can help children calm down and solve problems. <https://sesamestreetincommunities.org/activities/breathe-think-do/>

#### **Art and Journal Activities for Helping Children with Anxiety**

- <https://txsource.com/2017/06/30/8-activities-treating-anxiety-children/>

#### **6 Ways to Reduce Stress and Anxiety Around COVID-19**

- <https://www.yoremikids.com/news/how-to-reduce-your-stress-anxiety-crisis>

### Educational Resources

#### **Links of Resources to Support Students with Disabilities during Covid-19**

- These resources and recommendations can help educators, support personnel and specialized instructional support personnel, as well as parents and caregivers. <https://sharemylesson.com/sites/default/files/SML-StudentsDisabilities-Interactive.pdf>

#### **Described and Captioned Media Program**

- DCMP is a source for accessible educational content, providing services for students who are blind, visually impaired, deaf, hard of hearing, or deaf-blind. The videos are accessible and can be viewed on PCs, smartphones, tablets, Roku, Apple TV, and the iOS app. There are no charges for membership or any of DCMP's services. <https://dcmp.org/learn/609-remote-learning-with-dcmp-accessible-videos>

#### **Developmental Disabilities Literacy Guide**

- Each disorder-specific section provides a brief description of the condition, advice for parents about reading with their child, and internet resources and books they can turn to for reliable information and support. Seven developmental disabilities are included: Speech and Language Problems; Autism Spectrum Disorder; Intellectual Disabilities (mental retardation); Inattention and Attention Deficit/Hyperactivity Disorder; Cerebral Palsy; and Vision and Hearing Impairments. <https://www.readingrockets.org/pdfs/ROR-DevGuide.pdf>

### Technical Support

#### **Assistive Technology Supports**

- <https://www.schools.nyc.gov/learn-at-home/activities-for-students/diverse-learning-for-special-populations/assistive-technology>

### What Accessibility Settings on my Devices can Help my Child

- <https://www.common sense media.org/special-needs/what-accessibility-settings-on-my-devices-can-help-my-child-with-special-needs>

### iPhone and iPad Accessibility Support

- <https://support.apple.com/accessibility/iphone-ipad>

### Accessibility Features on a Mac

- <https://support.apple.com/guide/mac-help/use-accessibility-features-mh35884/mac>

### Accessibility Features on Microsoft Windows

- [https://www.microsoft.com/en-us/accessibility/windows?activetab=pivot\\_1:primaryr2](https://www.microsoft.com/en-us/accessibility/windows?activetab=pivot_1:primaryr2)

### Step by Step how to make word documents accessible

- <https://support.office.com/en-us/article/Make-your-Word-documents-accessible-to-people-with-disabilities-d9bf3683-87ac-47ea-b91a-78dcacb3c66d>

## Adaptable Art Activities

### Art for Children and Adults

- There is a tremendous amount of satisfaction that comes with being able to complete tasks on your own – always keep that in mind. The key is to keep levels of ability in mind at all times and remember to be supportive – every step of the way.  
<https://kinderart.com/blog/special/>

### Tactile Art Station

- Finding activities all my children can do together can sometimes be tricky. One activity that seems to be a hit is crafting together.  
<https://www.pathstoliteracy.org/strategies/tactile-art-station>

### Adaptive Art Tools Tutorial with At-Home Items

- <https://www.youtube.com/watch?v=voFogUgaLRs>

### Smoosh Art!

- <https://happyhooligans.ca/recycled-art-painting-over-an-old-painting/>

## Let's Exercise!

### Special Olympics "School of Strength" at Home Workouts

- <https://www.specialolympics.org/school-of-strength>

### Inclusive Yoga: Practices for Individuals in Wheelchairs

- [https://cdn-blob-prd.azureedge.net/prd-pws/docs/default-source/default-document-library/learn-at-home-2020/wheelchair-yoga-poses.pdf?sfvrsn=38466d2b\\_2](https://cdn-blob-prd.azureedge.net/prd-pws/docs/default-source/default-document-library/learn-at-home-2020/wheelchair-yoga-poses.pdf?sfvrsn=38466d2b_2)
- <https://www.youtube.com/watch?v=5FxlBzvdBzA&feature=youtu.be>

### Wheelchair(seated) Zumba

- <https://www.youtube.com/watch?v=JqIRGLPIJ7A&feature=youtu.be>

### Yoga Sensory Activity for Kids with Autism

- <https://www.yoremikids.com/news/yoga-sensory-activities-for-autism>

### Audio Workouts

- Accessible, audio only programs. The workouts include yoga, Pilates, cardio, weightlifting, stability ball, Barre Method, a balance series, foam roller, stretching, and meditations. Each workout is described, so you do not need to see the screen. Some workouts are shorter and easier and some will push you. Most are in between and are easily modified to fit your level.  
[https://www.youtube.com/channel/UCSJCXbR\\_C7lztG4us-8Hjw](https://www.youtube.com/channel/UCSJCXbR_C7lztG4us-8Hjw)

## Apps and Resources for All Learners

### Offline Apps or Limited WIFI and Internet access

- <https://www.educationalappstore.com/best-apps/best-offline-apps-for-kids-games>

### Indoor Recess Ideas

- <https://www.mrdscorner.com/indoorrecessideas/>

### For Learners who have Dyslexia

#### Resources:

- 10 Ways to Help Your Reader:  
<https://dyslexia.yale.edu/resources/parents/what-parents-can-do/ten-things-to-help-your-struggling-reader/>

#### Apps:

- "Dysegxia" and "Piruletras" in its Spanish version (Free) is a mobile game that helps children with dyslexia overcome their reading and writing problems by the means of fun word games. All exercises in Dysegxia have been scientifically designed to target reading and writing errors specific for dyslexic children.
- "DD's Dictionary, a Dyslexic's Dictionary" (Free) allows independent discovery of an unknown spelling or a quick check of an uncertain word. It includes an audible confirmation of selected word.
- "Teen & Adult Phonics Library" (Free – in app purchases) offers a growing collection of sequential, decodable digital novels with edgy, engaging themes designed to appeal to teenagers and adults. Care has been taken to build a positive experience for older emergent readers, especially those with SpLD such as dyslexia, ASD or ADHD.
- Dyslexia Quest (\$9.99) is a game-based quest designed to help assess your child's memory and listening skills. It helps point parents in the right direction since it serves as a basic skills screener to identify strengths and weaknesses. It uses games to assess a child's strengths and weakness in the following areas: working memory, phonological awareness, processing speed, visual sequential order, auditory sequential memory, and visual memory.

### For Learners who have Autism

#### Resources:

- Tips for Talking with Your Child with Autism about the Coronavirus  
<https://childmind.org/article/tips-for-talking-with-your-child-with-autism-about-the-coronavirus/>
- Supporting Children with Autism During the Coronavirus Outbreak  
<https://childmind.org/article/supporting-children-with-autism-during-the-coronavirus-outbreak/>

#### Apps:

- "Birdhouse - for Autism" (Free) is among the most valuable resources for thousands of parents around the world, keeping them organized and in control for their children. Organize behavior notes, nutrition, medical and doctor information, therapies, schedules, interventions, and more. Discover patterns and figure out how to improve care.

- “ConversationBuilderTeen” (\$19.99) is an app designed to help teenaged children learn how to have multi-exchange conversations with their peers in a variety of social settings. The auditory pattern of conversation is presented in a visual format to help students recognize and master the flow of conversation.
- “Learn with Rufus: Categories” (\$4.99) aims to help children learn groups and categories such as colors, shapes, fruits, and other common objects. The game is highly customizable to meet the needs of children with varying skills, ability levels, and learning styles. It is designed by Dr. Holly Gastgeb, a clinical and developmental psychologist with over ten years of experience working with typically developing children and children with autism spectrum disorder (ASD).
- “Learn with Rufus: Emotions” (\$4.99) aims to help children learn the facial expressions that correspond to feelings and emotions including happy, sad, angry, afraid, disgusted, and surprised. The game is highly customizable to meet the needs of children with varying skills, ability levels, and learning styles. It is designed by Dr. Holly Gastgeb, a clinical and developmental psychologist with over ten years of experience working with typically developing children and children with autism spectrum disorder (ASD).

## For Learners who have a Visual Impairment

### Resources:

- Homework Hotline for students who are visually impaired (K-12 and College Students)  
[http://www.vistaseducation.com/homeworkhotline/?fbclid=IwAR1\\_Ix2wQpakC2iQRbmF3kK1-xoXQ8ZQ8KppvzRqOJo2YDobCzBjzR16K9o](http://www.vistaseducation.com/homeworkhotline/?fbclid=IwAR1_Ix2wQpakC2iQRbmF3kK1-xoXQ8ZQ8KppvzRqOJo2YDobCzBjzR16K9o)
- Texture Matching Game for Youth Who Have a Visual Impairment. This makes a great pre-braille activity that can be done in a fun way!  
<https://www.pathstoliteracy.org/strategies/texture-match-game>

### Apps:

- “TapTapSee” (Free) is designed to help the blind and visually impaired identify objects they encounter in their everyday lives. Simply tap anywhere on the screen to take a picture. TapTapSee can photograph any two or three-dimensional object at any angle and speak the identification back to the user (Note: Spoken identification requires Voiceover to be turned on).
- “Free Talking Calculator” (Free) is a basic four-function calculator that speaks mathematical functions as they are entered and calculated. This is a great learning tool for young students, or students are visually impaired. Talking Calculator speaks in both English and Spanish languages and supports all iPhone and iPad models.
- “Math Drills App” (\$4.99) allows up to 50 students to learn basic math skills in addition, subtraction, multiplication and division. Students can use many different methods of answering problems: keyboard, touchscreen, speech recognition and the use of assistive devices.
- “Tales2Go” (Free Trial) is a streaming audiobook service for children (Pre-K through high school). Tales2go provides instant, unlimited and simultaneous access to over seven thousand high interest audio book titles from leading publishers to desktops, laptops and mobile devices. Titles range from classics such as Curious George Rides a Bike or The Quiet American to popular series and characters such as Diary of a Wimpy Kid and 39 Clues.
- “Inclusive Smarty Pants” (\$2.99) is an app that allows your child to choose one of four characters then choose which emotion he wants them to act out. The app is designed in a very fuss-free and simple way, so it’s ideal for children with low vision. The character’s face is clear and large in front of either a white or black background. The emotion buttons run along the bottom of the screen and are easy to pick out.
- Five Sharks Swimming (\$2.99) is a counting game that offers a few different levels of difficulty. In the first game, “Song,” one shark swims in a pond while a song is played. The song stops and your child simply taps (or smacks) the screen to get the song to continue. The song ends when you’ve collected all five sharks. This is a wonderful beginner’s counting game and teaches cause-and-effect (you need to do something to get the song to continue). It uses nice solid backgrounds with high contrast for children with low vision.

## For Learners who have a Speech Impairment

### Resources:

- Animated Short Videos for Speech Therapy  
<https://www.thespeechexpress.com/blog/animated-short-videos-for-speech-and-language-therapy>
- 18 Home Activities for Speech and Language  
<https://www.thespeechexpress.com/blog/activities-for-speech-and-language-practice-at-home>
- At Home Speech Therapy Activities for Youth  
<https://www.schools.nyc.gov/learn-at-home/activities-for-students/diverse-learning-for-special-populations/speech-therapy-supports>

### Apps:

- "Speech Therapy for Apraxia-1" (\$4.99) is a useful tool for teaching CV phonemes to independent learners. It can be used by a speech-language pathologist in a school or clinical setting. It can also be used by parents to practice with their children at home.
- "ArtikPix" (Free) is an engaging articulation app with flashcard and matching activities for children with speech sound delays. Since the app includes child friendly language, you don't have to be a speech-language pathologist to facilitate practice. Children use ArtikPix to practice sounds independently, with a speech-language pathologist or their parents.
- "Speech with Milo: Verbs" (\$2.99) was created by a licensed speech-language pathologist. Milo is an animated mouse that performs over 100 actions such as 'bounce,' 'count,' and 'play'. Great for infants, toddlers and children with language delays.
- "Splingo's Language Universe" (\$2.99) is an interactive game designed by Speech and Language Therapists/Pathologists to help children learn listening and language skills, from the authors of Receptive Language Assessment with Splingo, Pronouns with Splingo, Categories with Splingo and Actions with Splingo apps.
- "SoundingBoard" (Free) transforms your iPad, iPhone, or iPod touch into the latest in communication technology. In just minutes, you can create custom boards with up to 20 message locations using AbleNet symbols or your own photos.

## For Learners who have a Hearing Impairment

### Resources:

- National Knowledge Center for ASL Resources  
<https://deafchildren.org/knowledge-center/resources/asl-resources-deaf-children-2/>
- CDC #COVID-19 Informational ASL Video Series  
<https://www.youtube.com/playlist?list=PLVrpgiOILTQatwnqm61jqFrsfUB4RKk6J>
- Free myASLTech Membership <https://deafchildren.org/2020/03/free-asl-games/>  
To keep your kids engaged during school closings, myASLTech is offering FREE memberships for kids during the month of April. Membership gives your child access to:
  - free ASL games
  - an animated science learning adventure
  - sign language-interpreted stories
  - many more ASL learning tools
- Children's Stories in ASL  
<https://deafchildren.org/knowledge-center/resources/sign-language-stories/>

### Apps:

- "Hear Coach" (Free) is a game that allows individuals with hearing loss to improve listening ability in noise.
- "Sound Alert" (Free) gives you the ability to record your environmental and home sounds, such as doorbells, telephone ringing, microwave beeping, thief alarm and intercom.

- “Anti-Coloring Book Collection” (\$1.99). This app is a treasure trove of ideas designed to free imagination, foster healthy, active self-expression and affirm individuality. This suite of online books uses the space at the bottom of the page for a question and the child draws the answer. These are open-ended questions—with no right or wrong answers—that promote a child’s critical thinking skills, foster creativity, and encourage risk-taking and problem-solving.
- “The Solar System VL2 Storybook” (\$2.99) is an educational narrative in both ASL and English about our eight planets, moons, and the sun. The illustrations and the video narrative provides enhanced visual aids to create an interactive, self-directed reading and learning experience for young deaf children. The Solar System is full of scientific facts along with a fantastic collection of vocabulary words and definitions in ASL.

## For Learners who have Limited Mobility

### Resources:

- At Home Occupational Therapy Activities for Youth  
Activity Guide:  
<https://www.schools.nyc.gov/learn-at-home/activities-for-students/diverse-learning-for-special-populations/occupational-therapy-supporting>  
Activity Printouts:  
[https://cdn-blob-prd.azureedge.net/prd-pws/docs/default-source/default-document-library/learn-at-home-2020/ot-home-activity-packet.pdf?sfvrsn=692ffe1c\\_2](https://cdn-blob-prd.azureedge.net/prd-pws/docs/default-source/default-document-library/learn-at-home-2020/ot-home-activity-packet.pdf?sfvrsn=692ffe1c_2)

### Apps:

- “Dexterity - Fine Motor Skills” (\$4.99). This app’s unique hand and finger activities take full advantage of the multi-touch screen to help build strength, control, and dexterity. The app's efficacy is supported by independent research studies, including a 2016 study by Huntington University published in the Journal of Hand Therapy.
- “Draw with Stars! Play With Shooting Stars” (Free). When touching existing stars, these are turned into shooting stars which fly away in a 3D-like animation and eventually exit the drawing! Easy to use with limited dexterity. The app is also full of sound effects: musical chimes when stars are created, background summer night sounds, “fly away” sounds. Multitouch support (draw with your 10 fingers/several people can draw together).
- “Waveband” (Free) lets people with a wide range of disabilities express themselves musically through movement. By moving a device, users convert motion into the sound of their choice of musical instrument. Users can roll, pitch or turn the device to play a piano scale, shake the device to play a tambourine, and so on. Waveband is completely customizable to ensure that each user's ability to move can be used to best advantage.

## For Younger Learners

### Apps

- “Epic!” (Free with In-App purchases) is an e-library that is great for supporting reluctant or struggling readers. It provides access to more than 20,000 high-quality children’s books and educational videos and includes an assortment of both fiction and nonfiction books from prominent publishers. Epic is offering free access to schools during this time.
- “My PlayHome” (Free) is an app that gives kids a digital doll family of up to 15 people in various skin tones with whom they can explore, play, and share stories with other people. These shared stories help to increase student verbalizations, provide a place for social and emotional learning, and teach necessary early language skills.
- “Busy Shapes” (\$2.99). Are you in search of an innovative way to sharpen your child’s reasoning skills and awaken their intelligence? Then you’ll love Busy Shapes designed for children from 2 years old!
- “Edoki Academy” (Free trail, then \$6.99 a month) produces high-quality, multilingual digital learning experiences for kids that are aligned with the Montessori teaching method. Enjoy smart and playful screen time! <https://montessori.edokiacademy.com/en/about-us/>

- "Phonics Genius" (\$0.99). One of the best ways to rapidly learn how to speak, read, and recognize words is through phonic awareness. This app is specifically designed to help students recognize and distinguish words by sounds. This app is loaded with content. We are talking over 6,000 professionally recorded words carefully grouped into 225 categories by phonics. (Ideal for Kids 1 - 6 Years Old)
- "SentenceBuilder™ for iPad" (\$5.99) is designed to help elementary aged children learn how to build grammatically correct sentences. Explicit attention is paid to the connector words that make up over 80% of the English language. Sentence Builder offers a rich and fun environment for improving the grammar of all children. Own as an individual app or as part of our MES Speech Therapy Bundle.
- "Word Wizard" (\$3.99) is a talking Movable Alphabet that allows kids to experiment with phonics and word building thanks to the advanced text to speech engine. Add your own words to create unique spelling quizzes. Keep tabs on your children's progress with detailed reports. (Ideal for Kids 4 to 10)

## Questions?

If you have any questions, please reach out to Hannah Patterson, Evaluation Manager, Camp Fire National Headquarters. She can be reached at [Hannah.patterson@campfire.org](mailto:Hannah.patterson@campfire.org).

Thank you!