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# Autism Agenda



Linn Benton Lincoln ESD-Cascade Regional Autism Program



## Helping Children with Autism Maintain Skills in the Summer

Summertime can be difficult for families of children with autism and other developmental disabilities. With the end of the school year, there may be limited opportunities for your child to continue working on academic or social skills. In addition, while your child seems to have endless free time, you may feel like you have very little.

What can you do to ensure that she maintains her hard-earned skills during the summer months?

Although it is tempting to allow her to have more free time, try to maintain a routine in the morning and around mealtimes. If she is independent with her morning and bedtime routines during the school year, encourage her to continue to perform those routines independently. For many children, regularly scheduled activities provide much-needed structure and a way keep track of time.

Continued on page 2.

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## HELPING CHILDREN WITH AUTISM CONTINUED....

Create a simple schedule with a list of chores and have her help around the house using skills she has already acquired. Perhaps she can help you wash dishes, do laundry, or assist with simple and safe yard work. If she is able, let her do her chores in succession, making sure she is supervised as necessary.

If possible, provide your child with opportunities to be with peers and practice her social skills. This can be challenging even during the school year. If peers are not easily accessible, you may need to put in extra effort to be in the community. Increasing your child's opportunities for socialization at home may also be helpful. Playing games that require taking turns, or, if she is able, asking her to talk about the things that have happened in a day can help her practice a number of important social skills.

Consider enrolling your child in a camp or other activity such as swimming lessons or horseback riding specially designed for children with special needs. Getting your child involved in new activities that are compatible with her abilities may help her practice difficult skills and discover something new that she enjoys doing.

It may take time to get your child involved in a new and unfamiliar activity. Initially, you may need to just have her be present to watch an activity. Over time, you can attempt to try to increase her participation. In some cases, you may want to hire a helper to assist you with this effort.

Helping your child maintain her existing skills and learn new ones during the summer months will be well worth the time and money invested – especially if your efforts result in an easier and more successful transition back to school in September.

By Sarah Helm, M.A., BCBA, LABA

<https://www.mayinstitute.org/news/acl/asd-and-dd-child-focused/helping-children-with-autism-maintain-skills-in-the-summer/>

## DAILY VISUAL SCHEDULE

To help set up a summer time visual routine, please check out this website:  
[https://www.printablee.com/post/free-printable-visual-schedule\\_164081/](https://www.printablee.com/post/free-printable-visual-schedule_164081/)



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## 30 SUMMER FUN ACTIVITIES

# 30 Summer Fun Activities

Maybe you are counting down the days until school is over in excitement. Maybe you are counting down the days in terror. (WHAT ARE WE GOING TO DO ALL SUMMER?!) I'm a little of both to be honest, depending on the day. Either way, I've got you covered! I've compiled 30 fun ideas for you to explore with your little ones this summer.

**1. Go on a Bike Ride:** Or teach your child to ride. I know, this one is super scary at first. At iCan Bike programs, individuals learn to balance, pedal, steer and take off on their own, many in five days or less. Find more info [HERE](#). We taught both of my boys using [this do-hickey](#) called a Balance Buddy. It saves your back and made the whole process ten times easier. It's a serious game changer.



**2. Michelangelo painting—** Tape paper to the underside of a low kids table or chair. Kids lie on their backs to create their own masterpieces. As an added bonus: This helps strengthen fine motor skills and core muscles too.

**3. Freeze tiny toys** (ie dinosaurs, or other treasures) in a bucket, big bowl or bin and let kids excavate. Excavating Tools (toothbrush, squirt bottle, hammer, salt, shovel.)

**4. Make your own obstacle course in the backyard.** There are some great ideas [HERE](#). And as an added bonus, you don't even have to leave the house!

**5. Paint rocks.** Gather your own flat rocks while out exploring. Cool acrylic paint pens [HERE](#). These [tiny rainbow bottles](#) are amazing too! Of course you need some [fun brushes](#). I seriously want to start painting some NOW! You will be the coolest house on the block with these supplies.



**6. Make Play Doh.** Kool Aid is my favorite, and it smells amazing! Recipe: 2 ½ cups flour, ½ cup salt, 2 packets Kool Aid, 4 tsp. cream of tartar, 2 cups boiling water, 3 tbsp any oil

**7. Shaving cream fight—** [This family](#) had an epic one! All you need is Bathing suits, shaving cream, goggles, a sprinkler, and towels.

Continued on page 4.

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## 30 SUMMER FUN ACTIVITIES CONTINUED...

**8. Horseback riding**–“Equine Therapy” Dr. Temple Grandin says, “I wish more kids could ride horses today. People and animals are supposed to be together.” Ask Google about options in your own town.

**9. Make lava lamps!** This is a super cool science activity. Supplies: empty water bottle, oil, water, food coloring and alka seltzer to make bubbles. Step by step instructions [HERE](#).

**10. Movie Mornings** can be a great change in your regular Summer routine. Check for sensory friendly options at your local theaters. If you have any [Regal movie theaters](#) near you, they have \$1 movies. It's a 10-week program of family-friendly movies that play at participating locations on Tuesdays and Wednesdays at 10am. For just \$1 per ticket, parents and kids are can pick between two different movies each week. [AMC kid friendly movies on Wednesday](#). \$4 gets you a movie, and snacks.



**11. Big Box Art:** Save your BIG Amazon boxes and make something grand. You can make a car, a fire truck, a fort, or cut it in half and draw roads to drive cars on.

**12. Make a PVC sprinkler**– Great how to [HERE](#). I'm not the crafty type, but knock yourself out.

**13. Head to the Zoo**– We hate crowds, so we usually go right when it opens. Visual supports make it more fun for kids with and without autism.



**14. Make Sidewalk paint:** Supplies: Squeeze bottles, cornstarch, water, food coloring, sponge brushes. How to [HERE](#).

**15. Go camping** (even if it's just in your back yard.) Actually, that's pretty much the only place you will probably catch me camping for now. If you don't have a tent or play tent- make your own fort! Grab some sleeping bags, cook outside, make a campfire, have some s'mores, put glow sticks in a mason jar for a DIY lantern, play games- you are only limited by your own imagination.

**16. Have a Color coded outdoor scavenger hunt.** I saw [THIS](#) on Pinterest, and thought- heck, even I can do that.

**17. BOUNCE!** Have everyone in the neighborhood or friend group pitch in and rent a bounce house for the day. There's no need to wait for a birthday.

**18. Kid Camps:** Many churches here host a week long camp for kids. You don't have to belong to the church to attend. If your child is in Speech, Behavioral, or Occupational Therapy- Ask your therapy places if they do any learning groups, social skills groups, or camps. If yes, enlist your friends typical kid as peer models if the facility is in need of some. Also look to your zoo, your public library and ask around for any other camp options.

Continued on page 5.

## 30 SUMMER FUN ACTIVITIES CONTINUED...



**19. The autism helper materials:** The Summer Slide is real. My boys still receive Speech and Behavior Therapy over the Summer. We also like to throw in some fun academic activities like these into the mix. It helps ease the back to school transition and makes sure we don't lose skills, like sitting and focusing for periods of time. Here's the [Summer Edition Adapted book](#). Here's the [Summer Vocabulary Mini Unit](#).

**20. Make a themed Movie day.** You can run the theme food, décor, art projects, outfits. My boys would love an UP movie day. You can make an "Our Adventure Book", have balloons everywhere, eat balloon decorated cupcakes, have chocolate (Russell and Kevin's FAVORITE, and mine too).

**21. ORBEEZ:** Put [Orbeez](#) in a water table or big plastic pool and go to town. These little suckers are slippery and messy, so they are the perfect outdoor activity.

**22. Explore local playgrounds.** For this one, it's a great idea to set up a playgroup and plan in advance. Go the same day/ time each week to explore a different local playground. Bring snacks, sidewalk chalk, a bubble machine and more.

**23. Pack a picnic!** Sometimes it's just more fun to eat outside. Plus, you can have the kids help prepare the food- functional skills!

**24. Make something Monday.** On Sunday you can go buy all your prep materials and on Monday, cook, bake, or craft your heart out.

**25. Go to your local Library!** They usually have kid friendly events planned all Summer. It's air conditioned, you can go early, and you can reinforce love for reading at an early age. Don't forget about your public library.

**26. Go to a Splash or Water Park!** This is one I need to enlist help on because both boys enjoy running in opposite directions.

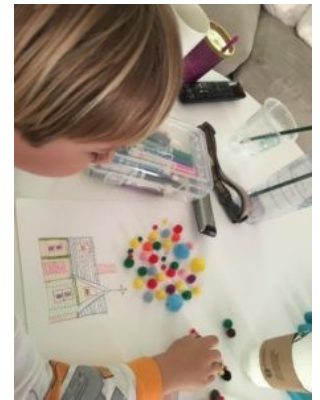
**27. Head to a Farmer's Market.** Meet Farmers, find a rainbow of fruits and vegetables, purchase healthy foods, let them practice communication skills – commenting, requesting and buying!

**28. Make Butterflies** This kit comes with everything you need, including caterpillars. Kids can observe the butterfly life cycle up close. Make a complete learning lesson out of it with this [FREE book](#).

**29. Mom day:** Invite your friends kids over to one house, all chip in for a couple of sitters- Go do GROWN UP things. A long lunch, mani-pedi, shopping, whatever. YOU DESERVE IT.

**30. Explore your hometown like a tourist.** Take pictures, visit landmarks, eat at the places that tourists love, visit an amtrak station, and just have fun exploring. I prefer to do these kinds of things on NOT a weekend day, to avoid too many crowds. Love where you live (or move) has always been my motto.

<https://theautismhelper.com/30-summer-fun-activities/>



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## 10 FUN SUMMER DIY SENSORY GAMES FOR KIDS

# 10 Fun Summer DIY Sensory Games for Kids

As the temperature rises and kids head home for the summer, parents begin looking for activities to fill the days. Here are 10 projects that incorporate new textures, colors, smells and sounds that will give your children a great new sensory experience and help improve motor skills!

For even more sensory play ideas, check out our [Autism Speaks Pinterest boards](#)!

*Note:* Autism Speaks does not endorse any of these activities, we are simply sharing recommendations from our community. Before taking part in any activity, please make sure all materials are safe for your child. If you have any other suggestions, feel free to share below! Happy playing!

## 10) Colored Beans

The secret to these brightly-colored beans? A mix of regular food coloring and neon food coloring!



## 9) Rainbow Ice Excavation

This mom got THREE DAYS of play time out of this ice towe

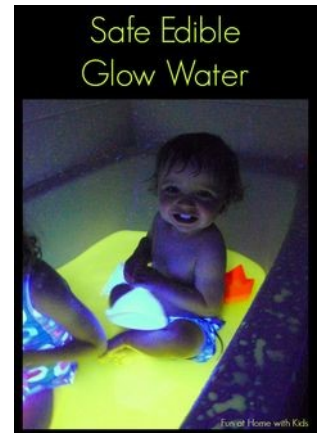
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## 10 FUN SUMMER DIY SENSORY GAMES FOR KIDS CONTINUED...

### 8) Polka Dot Slime

You only need 3 items to make this fabulous, fun slime!



### 7) "Glowing" Water

This "glowing" water is actually made out of ground-up vitamin pills and glows under a black light!



### 6) Spider Web Walk

This fun game involves balancing on a "web" while gathering letter tiles to spell words.

### 5) Zipper Board

A simple to make board that will provide hours of entertainment for young ones!

### 4) Balloon Paint Stamping

This site actually includes 30 interesting methods to stamp paint: from using fruit and veggies, to water balloons, to toilet paper rolls!



Continued on page 8.

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## 10 FUN SUMMER DIY SENSORY GAMES FOR KIDS CONTINUED...

### 3) Magic Foaming Snowman

This is the perfect activity for a hot, summer day! Find out how to make this magic, "melting" snowman!



Magic Foaming Snowman



### 2) Pool Noodle Boats

These are perfect for bath time!



**POOL NOODLE BOATS**  
**WATER SENSORY BIN**



### 1) Rainbow Soap Foam

Just add toy cars, and it's a rainbow car wash!

<https://www.autismspeaks.org/blog/10-fun-summer-diy-sensory-games-kids>



## 100 FUN IDEAS.... SUMMER BUCKET LIST



# 100 fun ideas... summer BUCKET LIST

- |  |   |  |  |
|--|---|--|--|
| <input type="checkbox"/> Build a fort        | <input type="checkbox"/> Play dressup       | <input type="checkbox"/> Have a dance party  | <input type="checkbox"/> Watch the sunrise     |
| <input type="checkbox"/> Ice cream party     | <input type="checkbox"/> Waterballoon fight | <input type="checkbox"/> Play baseball       | <input type="checkbox"/> Send a postcard       |
| <input type="checkbox"/> Read 5 books        | <input type="checkbox"/> Make S'mores       | <input type="checkbox"/> Tell scary stories  | <input type="checkbox"/> Build a birdfeeder    |
| <input type="checkbox"/> Go for a swim       | <input type="checkbox"/> Take fashion pics  | <input type="checkbox"/> Paint rocks         | <input type="checkbox"/> Play i-spy            |
| <input type="checkbox"/> See a movie         | <input type="checkbox"/> Play frisbee       | <input type="checkbox"/> Make a craft        | <input type="checkbox"/> Family sleepover      |
| <input type="checkbox"/> Play board games    | <input type="checkbox"/> Make a mud pie     | <input type="checkbox"/> Color pages         | <input type="checkbox"/> Waterballoon baseball |
| <input type="checkbox"/> Paint a picture     | <input type="checkbox"/> Ride the swings    | <input type="checkbox"/> Play cards          | <input type="checkbox"/> Go roller skating     |
| <input type="checkbox"/> Make watergun art   | <input type="checkbox"/> Have a pajama day  | <input type="checkbox"/> Go on a nature hunt | <input type="checkbox"/> Wash a car            |
| <input type="checkbox"/> have a picnic       | <input type="checkbox"/> Play Hide and Seek | <input type="checkbox"/> Play Twister        | <input type="checkbox"/> Play dodgeball        |
| <input type="checkbox"/> Go for a walk       | <input type="checkbox"/> Make a pizza       | <input type="checkbox"/> Make bath bombs     | <input type="checkbox"/> Bury a time capsule   |
| <input type="checkbox"/> Blow bubbles        | <input type="checkbox"/> Have a sleepover   | <input type="checkbox"/> Talent competition  | <input type="checkbox"/> Help cook dinner      |
| <input type="checkbox"/> Jump rope           | <input type="checkbox"/> Watch the stars    | <input type="checkbox"/> Make a campfire     | <input type="checkbox"/> Finger paint          |
| <input type="checkbox"/> Fly a kite          | <input type="checkbox"/> Play hopscotch     | <input type="checkbox"/> Play flashlight tag | <input type="checkbox"/> Make paper airplanes  |
| <input type="checkbox"/> Have a pillow fight | <input type="checkbox"/> Have a luau        | <input type="checkbox"/> Have a sack race    | <input type="checkbox"/> Plant seeds           |
| <input type="checkbox"/> Scavenger hunt      | <input type="checkbox"/> Make bracelets     | <input type="checkbox"/> Watch fireworks     | <input type="checkbox"/> Have a puppet show    |
| <input type="checkbox"/> Start a journal     | <input type="checkbox"/> Eat whipped cream  | <input type="checkbox"/> Sleep in a tent     | <input type="checkbox"/> Build a sand castle   |
| <input type="checkbox"/> Treasure hunt       | <input type="checkbox"/> Have a relay race  | <input type="checkbox"/> Make slime          | <input type="checkbox"/> Help make dinner      |
| <input type="checkbox"/> Play basketball     | <input type="checkbox"/> Make a music video | <input type="checkbox"/> Do a good deed      | <input type="checkbox"/> Go to the library     |
| <input type="checkbox"/> Hula hoop           | <input type="checkbox"/> Play laser tag     | <input type="checkbox"/> Make play dough     | <input type="checkbox"/> Shaving cream fight   |
| <input type="checkbox"/> Go on a bike ride   | <input type="checkbox"/> Race RC cars       | <input type="checkbox"/> Eat a snow cone     | <input type="checkbox"/> Ride a scooter        |
| <input type="checkbox"/> Dance in the rain   | <input type="checkbox"/> Play volleyball    | <input type="checkbox"/> Make tie-dye shirt  | <input type="checkbox"/> Build a puzzle        |
| <input type="checkbox"/> Make popsicles      | <input type="checkbox"/> Indoor marathon    | <input type="checkbox"/> Science experiment  | <input type="checkbox"/> Have a diy spa day    |
| <input type="checkbox"/> Family movie night  | <input type="checkbox"/> Have a bubble bath | <input type="checkbox"/> Draw on sidewalk    | <input type="checkbox"/> Pool noodle fight     |
| <input type="checkbox"/> Camp indoors        | <input type="checkbox"/> Obstacle course    | <input type="checkbox"/> Run thru sprinklers | <input type="checkbox"/> Make a memory jar     |
| <input type="checkbox"/> Stay up all night   | <input type="checkbox"/> Catch fireflies    | <input type="checkbox"/> Make brownie dough  | <input type="checkbox"/> Watch movie outside   |

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## SUMMER CAMPS

# 2022 Summer Camps for Kids with Autism and Disabilities

The following camps target kids with disabilities. Go to their websites or contact organizations directly for more detailed information, including their Covid safety measures. You can also contact your local Parks and Recreation Department or OSU's KidSpirit programs (<http://kidspirit.oregonstate.edu/programs-0>) for information about camps available to the general population. If a camp you are interested in has closed registration, note when registration starts and try to sign up earlier next year.

Camp & Location	Description	Website/Contact Info	Ages/Population	Session Dates/Times	Registration Deadline
Camp Odakoda Falls City, OR	Overnight	<a href="http://www.asdoregon.org/">http://www.asdoregon.org/</a>	Ages 10 – 18 ASD or similar disorder	July 26-30	<b>CLOSED/ WAIT LIST</b> Financial assistance
Camp Attitude Foster, OR	Overnight	<a href="http://www.campattitude.com/">http://www.campattitude.com/</a>	All ages/entire family. A “unique Christian camping experience.”	Various week-long sessions	OPEN Registration fee only
B’Nai B’Rith Camp Lincoln City, OR	Overnight/ Day Camp/ Family Camp	<a href="https://bbcamp.org/">https://bbcamp.org/</a>	Ages 0-18 Based in Jewish values, but all faiths and abilities welcome; has an inclusion coordinator	Sessions of various lengths – see website	OPEN Financial assistance
Autism Rocks Friends & Family Camp Florence, OR	Overnight (provides other events year-round)	<a href="https://kindtree.org/calendar/camp/">https://kindtree.org/calendar/camp/</a>	All ages/entire family People with autism, parents, caregivers	August 25-28	OPEN Financial assistance
Easter Seals Lyons, OR	Overnight	<a href="http://www.easterseals.com/oregon/our-programs/camping-recreation/">http://www.easterseals.com/oregon/our-programs/camping-recreation/</a>	Ages 10 and up All types of disabilities	July 17-21 (ages 18-59) July 10-14 (ages 10-26)	OPEN Limited scholarships
Camp Yakety-Yak Lake Oswego, OR	Day camp	<a href="http://www.campyaketyyak.org/">http://www.campyaketyyak.org/</a>	Ages 5 – 12 ASD or similar disorder Siblings and peers Ages 12-15 Junior Counselor Program	10:00 AM-3:00 PM Four 5-day themed sessions July & August	OPEN Discounts and partial scholarships
Upward Bound Camp Gates, OR	Overnight	<a href="https://www.upwardboundcamp.org/camp.html">https://www.upwardboundcamp.org/camp.html</a>	Ages 12 and up “Christian-based recreational & educational camp experiences for persons with disabilities”	Various themed sessions - see website	OPEN
Mt. Hood Kiwanis Mt. Hood, OR	Overnight	<a href="https://mhkc.org/summer-camp/">https://mhkc.org/summer-camp/</a>	Ages 12 and up All types of disabilities	Various sessions in various locations See website	OPEN Financial assistance
Camp Meadowood Springs Pendleton, OR	Overnight	<a href="https://www.meadowoodspring.org/">https://www.meadowoodspring.org/</a>	Ages 7-14 Youth with speech, hearing and other communication-related disorders	July 10-16 July 17-23	OPEN Financial assistance
Blue Compass Camps Seattle, WA	Overnight	<a href="http://www.bluecompasscamp.com/">http://www.bluecompasscamp.com/</a>	Ages 10 – adult Autism	Various sessions in Washington See website	OPEN (wait list for some camps)

Continued on page 12.

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## SUMMER CAMPS CONTINUED...

# 2022 Summer Activities and Programs for Kids with Autism and Disabilities

The following programs provide services all year round to children and young adults with disabilities, but are well-suited for summer fun and learning. See websites for more information and Covid safety measures.

Program & Location	Description	Website/Contact Info	Ages/Population
Hand in Hand Farm Lebanon, OR	Faith-based organization providing caring mentors and farm-based activities	<a href="http://www.handinhandfarm.org/">http://www.handinhandfarm.org/</a>	All ages and abilities
Bright Horizons Therapeutic Riding Center Siletz, OR	Therapeutic mounted horseback riding adapted to fit the needs of the rider	<a href="http://www.brighthorizonsriding.org/therapeutic-horseback-riding.htm">http://www.brighthorizonsriding.org/therapeutic-horseback-riding.htm</a>	All ages and abilities
OSU IMPACT (Individualized Movement and Physical Activity for Children Today) Corvallis, OR	Various physical activity opportunities (swimming, climbing, dancing, etc.) Fridays 9:30-11:00 in summer	<a href="http://health.oregonstate.edu/impact">http://health.oregonstate.edu/impact</a>  (usually at capacity, but waiting list available)	6 months – 21 years
The ARC Benton County	Various recreational activities and classes (art/crafts, Tai Chi, Legos, Karaoke, etc.).	<a href="https://www.arcbenton.org/enrichment">https://www.arcbenton.org/enrichment</a>	Teens and adults with intellectual and developmental disabilities
Special Olympics Oregon	Various sports - see website	<b>Benton Co:</b> <a href="https://soor.org/program/benton/">https://soor.org/program/benton/</a>  Summer registration deadline: May 10  <b>Linn Co:</b> <a href="https://soor.org/program/linn/">https://soor.org/program/linn/</a>  In-person sign-ups May 1; virtual registration TBA  <b>Lincoln Co:</b> <a href="https://soor.org/program/lincoln/">https://soor.org/program/lincoln/</a>	Ages 8 through adult

Additional Summer camp links can be found at <https://www.veryspecialcamps.com/Oregon/Special-Needs-Summer-Camps.shtml>

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## BOOK SUGGESTIONS



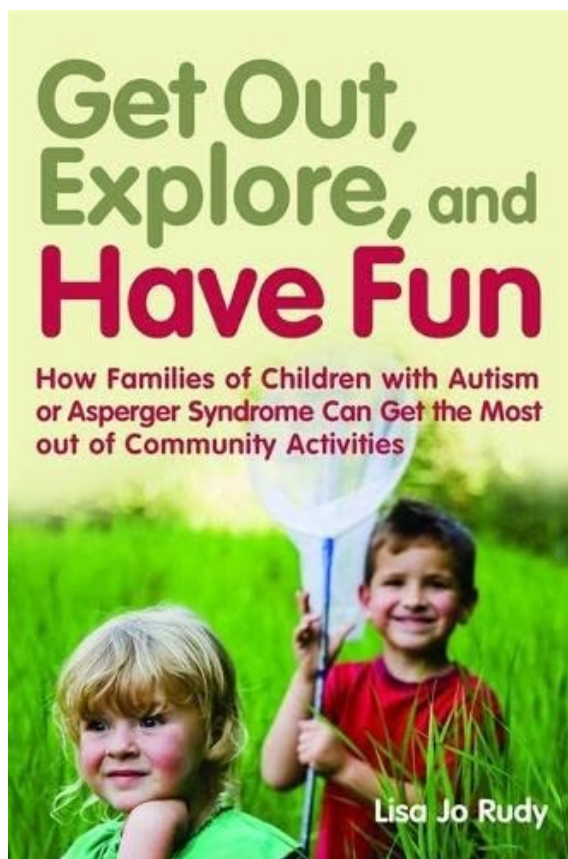
### Many Faces of Autism: My Summer at Camp

by Jenna Gerdes & Lauren Spohn

The adventures never end as Aiden accompanies his little brother Darrel to summer camp at Turtle lake. Alongside their bunk mates, they learn to navigate new things like paddling on a canoe, singing camp songs in the cafeteria, and roasting marshmallows by the fire. At a summer camp where everyone is different, we are reminded that experience creates understanding and learning ignites friendships. Creative, funny, and clinically informed, this book focuses on strengths and coping strategies for children who have autism. Whether you are looking for an educational resource or want to read a fun story about camp, this book will captivate.

### Get Out, Explore, and Have Fun!: How Families of Children With Autism or Asperger Syndrome Can Get the Most Out of Community Activities 1st Edition

by Lisa Jo Rudy



Many families with a child with autism or Asperger Syndrome feel that involvement in the community is not for them. This book sets out to change that, with a rich and varied menu of suggestions for how such families can take full part in community life and support the strengths and interests of their child at the same time. Informal learning experiences can be the key to self-discovery, communication, self-confidence, and even independence for many children on the autism spectrum. Only outside the four walls of school will your child truly discover their own passions, abilities, and social peers. 'Get Out, Explore, and Have Fun' is a guide to what's out there, how to find it, and how to make it work for your family. The book includes hints and tips for involving your family in the right community activities, from sport to science; information on museums, arts organizations and science institutions as venues for an enjoyable and enriching day out for the family; and, resources and ideas for helping your child build on their strengths, interests, and preferred learning styles to explore life in the community. Handouts about autism are included, as well as handouts suggesting ways in which organizations and institutions can successfully include young people with autism in their activities. This book will open the door to community inclusion, creative exploration, and social learning.

*The LBL ESD Autism Agenda Newsletter is a compilation of national and regional resources designed to support families and school teams. Every effort is made to provide accurate and complete information in the LBL ESD Autism Agenda Newsletter; however, LBL ESD cannot guarantee that there will be no errors. For example, some of the content within curated resources from across the nation may not apply to Oregon. LBL ESD does not assume any legal liability for any direct, indirect or any other loss or damage of any kind for the accuracy, completeness, or usefulness of any information, product, or process disclosed herein, and do not represent that use of such information, product, or process would not infringe on privately owned rights.*

## VISUALS



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## Ocean Cookie Recipe

<b>1</b> get sugar cookie 	<b>food coloring</b> 	<b>frosting</b> 	<b>and gummy fish</b> 
<b>2</b> put frosting 	<b>in bowl</b> 		
<b>3</b> add 3 drops blue food coloring 	<b>stir</b> 		
<b>4</b> spread frosting 	<b>on cookie</b> 		
<b>5</b> put 5 	<b>gummy candy</b> 	<b>fish</b> 	<b>on cookie</b> 
<b>6</b> eat & enjoy 			

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For more recipes like this one please go to <https://theautismhelper.com/summer-treats-snacks-visual-recipes/>

### Breakfast/Lunch/Snack Communication Board

I want/need

please

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