



# Preparing for SUMMER

Make and Take Tools & Resources

Brought to you by:  
North Orange County SELPA  
Community Advisory Committee (CAC)



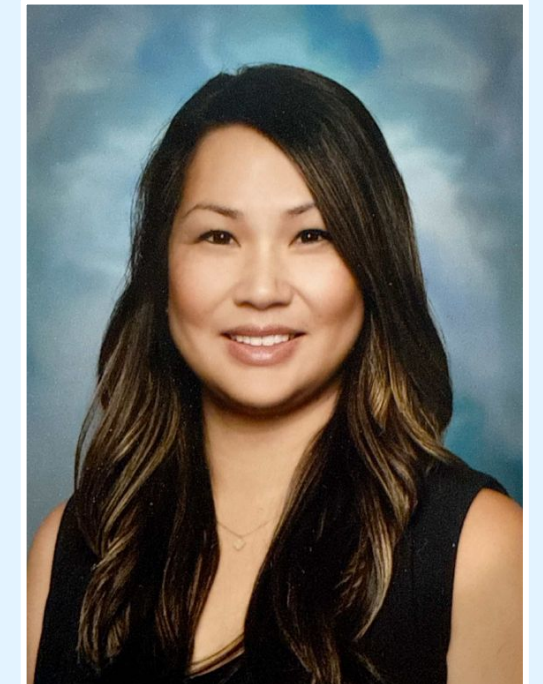
# Welcome

## Presenters:



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Executive Director, North Orange County SELPA

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Coordinator, North Orange County SELPA





# Summer for Families

## Relaxation + Freedom

For many families, summer brings a break from the structure of the school year — a time to unwind, recharge, and enjoy more flexibility.



## The Balance Matters

### Freedom + Structure

For children with learning disabilities, Too much unstructured time can lead to frustration.

A balance of **Freedom** and Thoughtful Structure is key.



## Support Continued Growth

### Plan with Purpose

- Build skills
- Maintain progress
- Boost confidence



## Make Summer Meaningful

### Connection • Enrichment • Fun

- A time to **Connect**
- Opportunities to **Learn & Grow**
- Full of **Joy & Fun**



# Finding a Balance for Screen Time

## Limit Entertainment Screen Time

- 2 hours/day = 60 hours/month
- It's 1 ½ weeks of a 40-hour/week job every month!

## American Academy of Pediatrics:

- Avoiding screens except for video chatting for babies under 18 months
- Co-viewing digital media for 18-24 months
- Limiting screen time to one hour for ages 2-5
- Setting reasonable screen time limits for ages 6-18

## Set Expectations

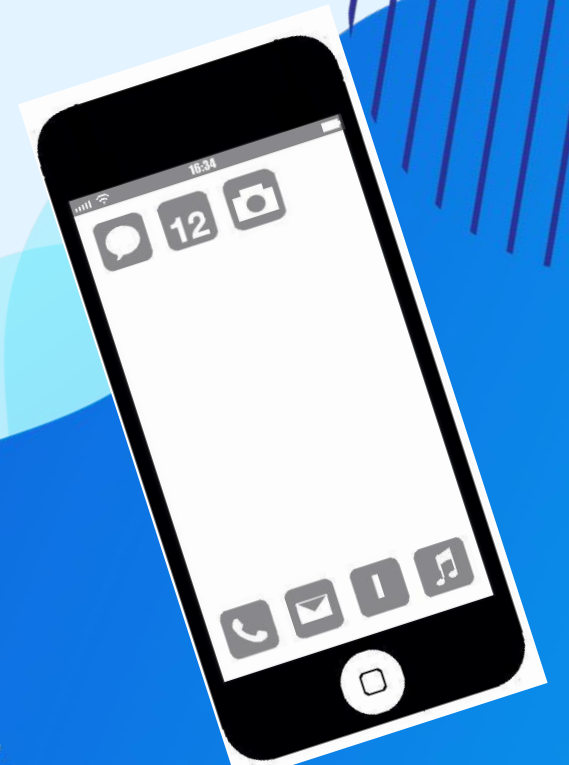
- Parent/Guardian approved sites
- Parent/Guardian approved chats only

## Sleep Tech Free, Create Screen Free Zones

- Bathrooms
- Bedrooms
- During Meals
- During conversations
- An hour before bed

## Keep Private Things Private

- Passwords
- Address
- Phone Number
- Current location



# Summer Preparation Areas



## Academic Continuity

Keep the momentum going!

Set aside time for:

- District Programs
- Summer Reading Programs
- Short, focused learning games
- Community Enrichment
- Leisure activities (social time)



## Health & Safety

- Sun protection routines
- Water safety awareness
- Review emergency contacts
- Family communication guidelines for summer activities
- Review the rules



## Summer Activities

Balance structured activities with free play

Explore enrichment opportunities like summer camps, sports programs, and free community events

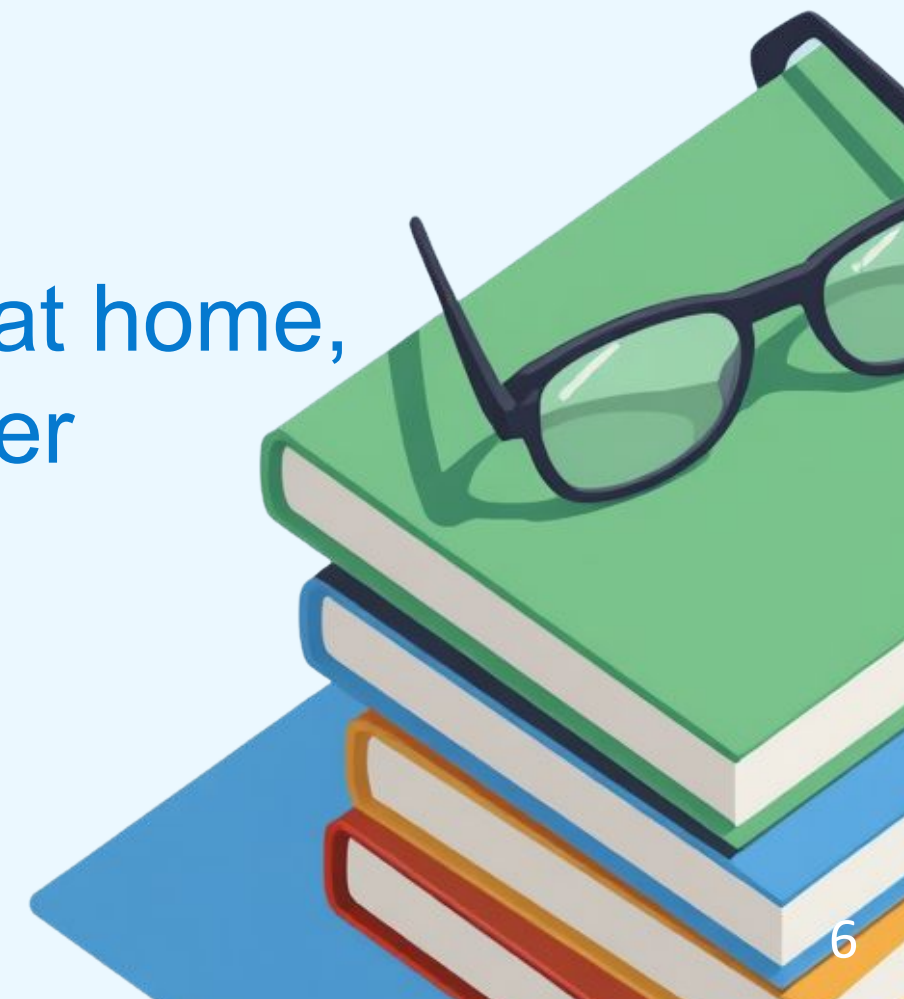
# Academic Continuity

## Summer Reading Programs:

- Enroll your child in a library's summer reading challenge!
- Students who read 20+ minutes daily maintain their reading level.
- We recommend age-appropriate book lists, audiobooks for car trips, and family reading time before bed.

## Preventing Learning Loss:

- Keep minds active with educational activities!
- Try math games during grocery shopping, science experiments at home, educational apps (30 min/day max), and journaling about summer adventures to build writing skills.



# Online Educational Resources



1. [OCPL Free Digital Resources](#)

2. [PBS Kids](#)

3. [National Geographic for Kids](#)

4. [Cool Math 4 Kids](#)

5. [Common Sense Media](#)

- [Kids](#)
- [Tweens and Teens](#)

30 minutes,  
then Break



# Health & Safety: Prevention

## Sun Safety & Hydration

- Wear sunscreen (SPF 30+) and reapply every two hours during outdoor activities.
- Wear hats and/or visor
- Encourage frequent water breaks
- Snacks and fruit



## Outdoor Activity Guidelines

- **Adult supervision** with appropriate child-to-adult ratios.
- **Schedule** strenuous activities during cooler morning hours.
- **Ensure** shaded rest areas are available.



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# Summer Activities



- Orange County Public Libraries
- Fullerton Public Library
- Buena Park Library District
- State Park Pass
- We encourage families to explore activities that offer free admission such as museums, trails, parks, and educational events.



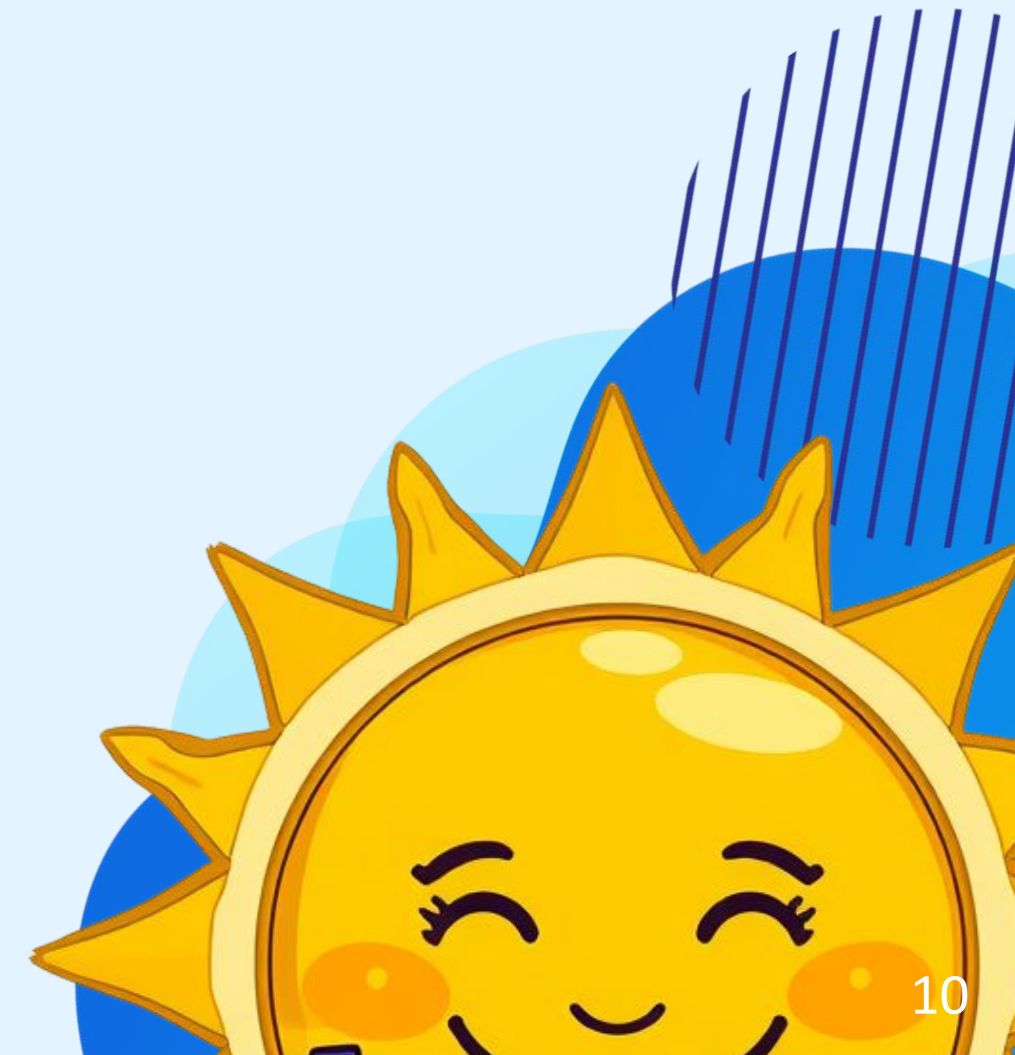
# City Events

## City Community Centers:

City of Buena Park

City of Fullerton

City of La Habra



# Splash Pads and Themed Parks

- La Habra City Splash Zone
- Stanton Central Park
- Harry M. Dotson Park
- Huntington Beach All Inclusive Park
- Fountain Valley Inclusive Park
- La Mirada Buccaneer Bay (fee-based)
- Pirate Park (Bellflower, CA)



# Sensory Friendly OC

OC Public Libraries- multiple locations

Pretend City- Irvine

Aquarium of the Pacific- Long Beach

Discovery Cube Orange County- Santa Ana

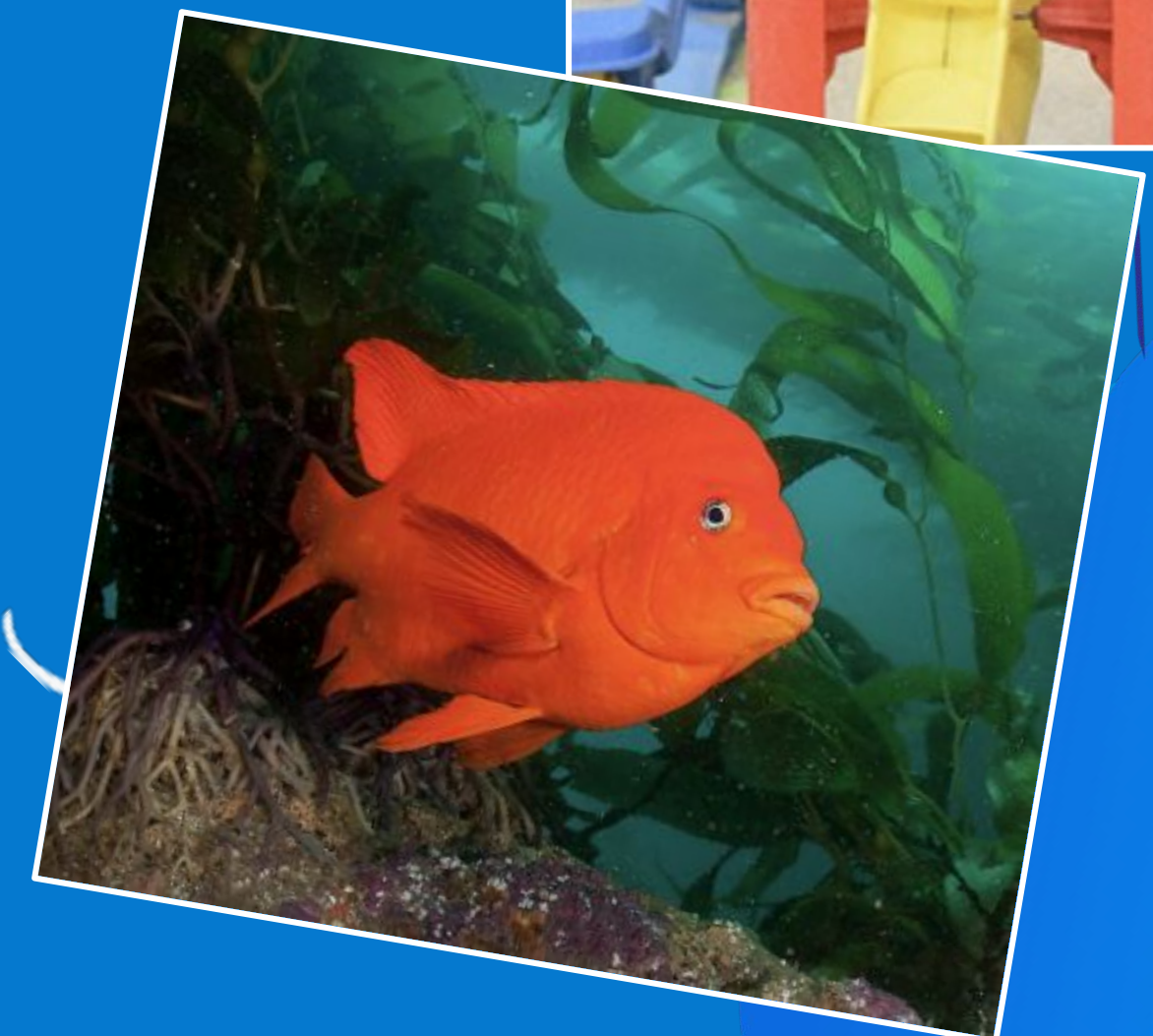
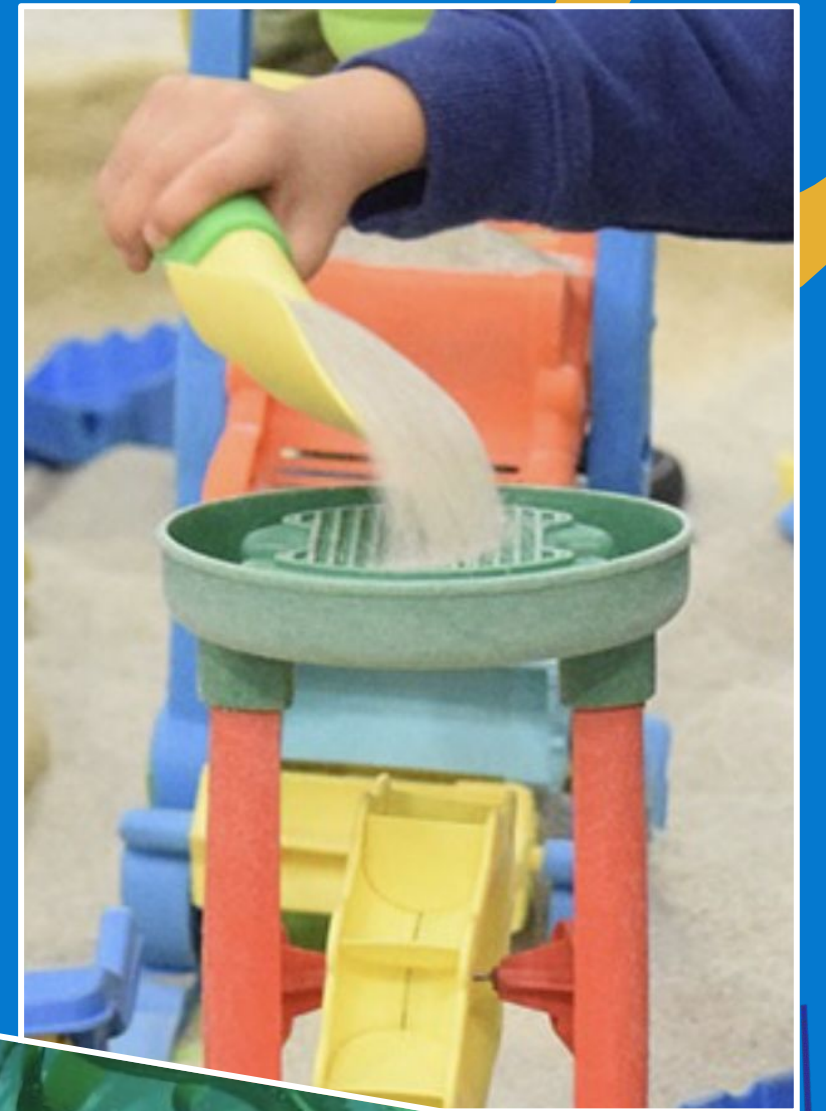
The Freida Cinema- Santa Ana

AMC Theater- Orange

Segerstrom Center for the Arts- Costa Mesa

Children's Museum- La Habra City

Chuck-E-Cheese- Sundays





# Tips for Traveling



# Helping Hands Program

## John Wayne Airport (SNA)

### What It Is

- Free support for travelers with disabilities to make airport navigation easier.

### How to Use

- Request 72 hours in advance
- Visit Information Booth or dial "0"
- Help with check-in, security, boarding

### Supports

- Optional yellow bracelet
- Pre-travel practice tours
- Guided assistance

### Resources

- OC AirPASS (caregiver access)
- Universal changing table
- Therapy dogs available

 Available Daily: 6:00 AM – 11:00 PM

**Unstructured time is the hardest time for students with disabilities.**



**Pillar 1: Structure & Routine**

**Without the bell schedule of the school day, anxiety spikes and executive functioning is tested.**

**Goal: Build predictable visual anchors to ease transitions and encourage independent navigation of the day.**

# The Summer Make & Take Toolkit



- Practical, low-cost strategies to build independence, routine, and peace of mind at home.
- Designed for parents and caregivers of students in special education (Ages 3-21).

# Going into the Community

Pack an “On-the-Go” bag to take the ecosystem into the community.






- A portable visual schedule card
- A small dry erase board + marker
- Small fidget / quiet activities
- Snack & Headphones

Summer means travel, appointments, and grocery trips. By shrinking these visual supports into a **portable toolkit**, you can prevent behavior struggles and maintain predictability no matter where your summer day takes you.

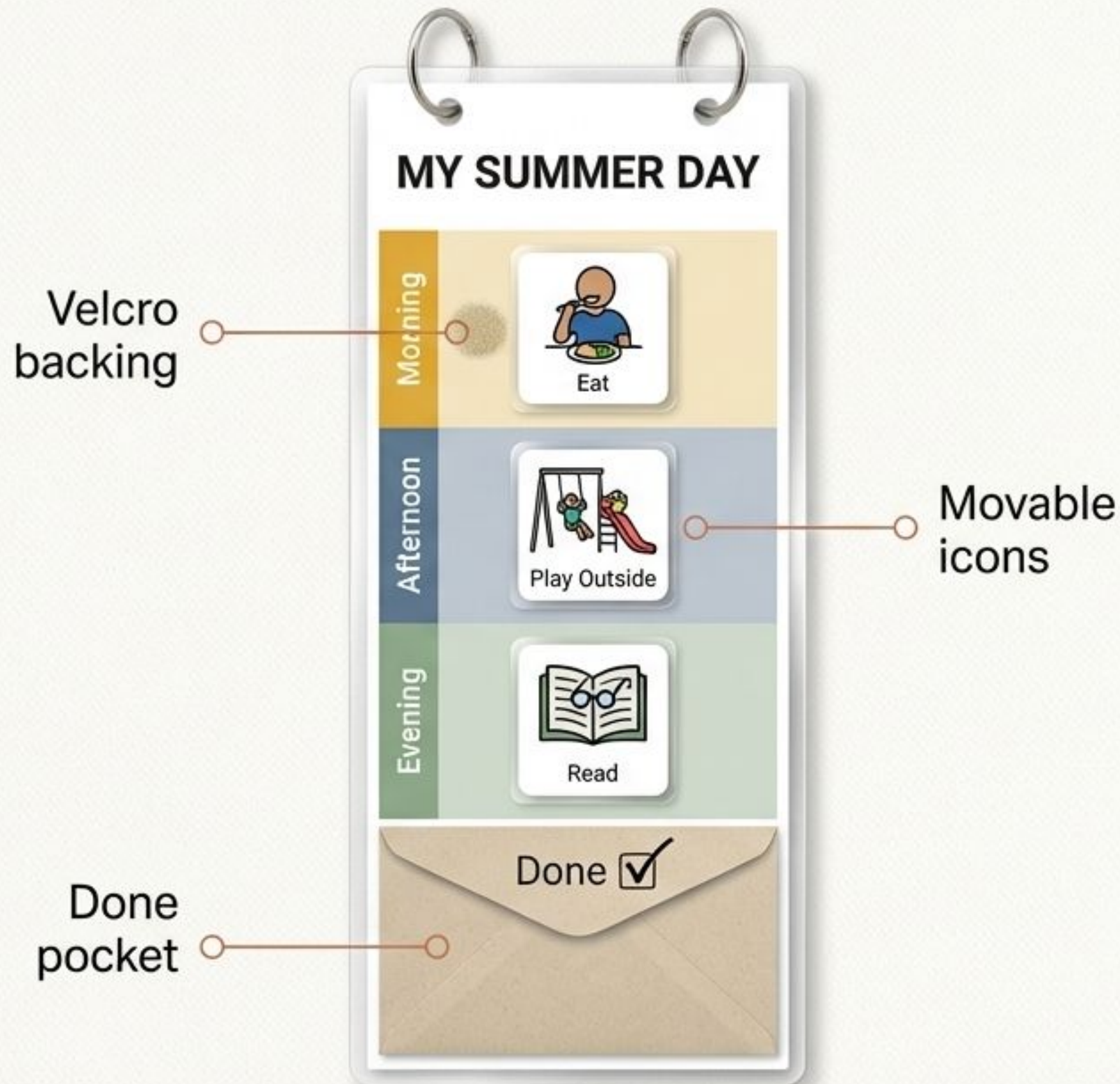


# Every tool can be adapted to fit your child's specific developmental stage.

## Developmental Adaptation Matrix

Early Childhood (Ages 3-7)	School Age (Ages 8-13)	Transition / Young Adult (Ages 14-21)
<p><b>Strategy:</b> Highly visual, immediate rewards.</p> <p><b>Format:</b> Picture icons (eat, outside, tablet), tactile objects.</p> 	<p><b>Strategy:</b> Choices and token economies.</p> <p><b>Format:</b> Simple text paired with icons, token boards, dry-erase checkmarks.</p> 	<p><b>Strategy:</b> Self-monitoring and life skills.</p> <p><b>Format:</b> Time-blocked planners, written checklists, focus on job and community skills.</p> 

# Visual schedules anchor the day and reduce transition anxiety.



## Younger Students



Use picture icons (Eat, Play Outside, Read, Nap).



## Teens/Young Adults

8:00-9:00	
9:00-10:00	
11:00-19:00	

Turn into a time-block planner (8:00-9:00, 9:00-10:00) with written tasks.



**Why it works:** Builds independence and allows students to anticipate what is coming next.

First-Then boards build task completion through predictable delayed gratification.



Highly effective for Autism, ADHD, or task-completion difficulties.



Individualized calm-down plans de-escalate overwhelming emotions.

## My Calm Plan Template

When I feel:

Mad    Frustrated    Overwhelmed

I can:

- Take 5 deep breaths
- Squeeze a stress ball
- Listen to music

### Teen Version:

Wallet-sized card listing "Warning Signs", "Coping Tools", and "Who I Can Ask for Help."

## The Break Card

I need a  
break.

### Parent Instruction:

Pre-teach where the child may go, for how long, and what is allowed during the break.

# Social stories pre-teach expectations for summer disruptions.

Use for: Summer camp, traveling, extended family visits, or being home alone for short periods.

## The Script Template:

Sometimes in the summer, I will \_\_\_\_\_  
go to day camp. This might make  
me feel nervous and loud. When I feel  
that way, I can ask for my  
headphones. My family will help me  
by packing my favorite snack.  
I can handle summer changes!

# **Maintain academic momentum without recreating the classroom.**



## **Academic Maintenance**

For many students, direct instruction at home leads to friction.

**Goal:** Keep learning active, choice-driven, and seamlessly integrated into daily play and routines.

# Choice boards transform academic maintenance into a game.

Goal: 3 in a row per week.

<del>Read for 15 min</del>	Write a letter	Math game
Practice sight words	<del>Cook with family</del>	Journal entry
Educational video	Practice typing	<del>Nature walk</del>



DIY Tool:  
Sight word  
ring cards

DIY Tool:  
Roll & Read  
dice games



High School Adaptation: Replace squares with: Practice job skills, Budget practice, Email writing, Driver's manual reading, Community outing.

# Returning to School

## Preparing for the start of the School Year

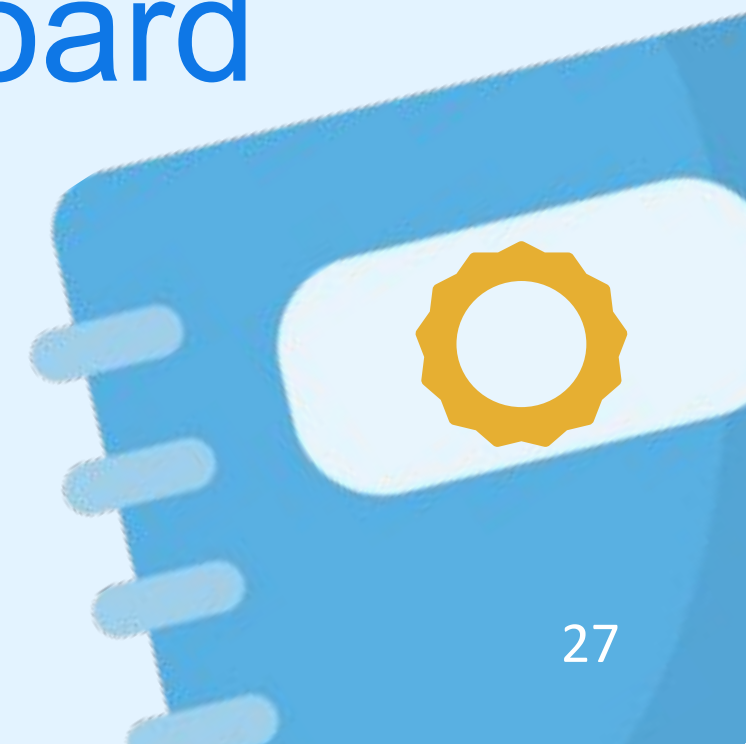
- Prepare materials (backpack, water bottle, etc)
- Review morning routine the day prior using Visual Schedule
- Use transition supports (timers, visual schedule, token system, etc)
- Keep consistent sleep schedule, sleep early the night before

**Build a visual  
summer toolkit to  
reduce anxiety and  
build independence.**



# Make and Take Time

- Decorate a Snacklebox (pens/stickers)
- Grab some Sensory fidgets
- Create a Lan with Break Card
- Build a Visual Schedule
- Make a First-Then and Token Board
- Grab Communication Visuals



# Have a Safe & Happy Summer!

Thank you for attending,  
See you next school year!

