

Autism Acceptance Bingo Board



At home activities to do in support of autism acceptance month

<p>Sensory Play: Makes sensory Bottles: fill bottles with water, glitter, beads, or oil for calming visual stimulat</p>	<p>Identifying Emotions: Cut out faces/emotions from magazines to explore feelings and communication.</p>	<p>Create a Sensory Bin: Use rice, beans, sand, or pasta with small toys. Let the child find toys using hands or tongues to target fine motor skills</p>	<p>Build a Calm Corner: Add soft pillows, dim lighting, and favorite items.</p>
<p>Water Play: Fill a tub/bucket with water (add cups or spoons), demonstrate pouring and splashing gently, add floating toys for engagement, supervise and let them repeat actions</p>	<p>Nature Walk: Go to a quiet outdoor space, Bring a small bag or basket, Encourage collecting leaves, rocks, sticks, Talk about textures and colors</p>	<p>DIY Fidget Toys: Make stress balls using balloons and flour or rice.</p>	<p>Finger Painting: Add small amounts of paint, model touching paint slowly, encourage smearing, dots, or patterns</p>
<p>Beading/threading: Use large beads + string/shoelace, show how to hold and push through, assist hand-over-hand if needed, let them create patterns or random designs</p>	<p>Sorting Activity: Use colored objects (pom-poms, blocks), set out matching bowls or cups, demonstrate sorting by color or size, let the child try and repeat</p>	<p>Puzzles: Start with simple puzzles (2-6 pieces), Show matching shapes or pictures, Help place the first few pieces, Encourage independent attempts</p>	<p>Breathing Exercises: Teach “smell the flower, blow the candle”, model slow breathing, practice together daily, use visuals if helpful</p>
<p>Bubble Play: Blow bubbles slowly, encourage watching or popping, let child try blowing (if able), repeat for calming rhythm.</p>	<p>Headphones / Quiet Time: Offer headphones during loud situations, let the child control when to use them, pair with a quiet activity (book, toy)</p>	<p>Movement / Dance Play calming or upbeat music, model simple movements, encourage imitation or free movement</p>	<p>Storytelling / Puppets: Use puppets or toys, create simple stories, encourage interaction (even nonverbal), let the child lead</p>