

Light it up Blue

Teacher's Manual

Created by the dedicated and talented Staff of Celebrate the Children



Celebrate the Children 

**School for Children with Alternative Learning Styles
Developmental Individual Relationship-based Intervention®**

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Getting Started:

In order to make your event successful, you are going to need to have all possible staff on board! Recruit teachers, paraprofessionals, related service members, administration, parents and the community.

First you will need to pick a date and a location. *(Make sure to have all plans approved by your administration prior to sending information out.)* The school gym or an outside playing field is ideal. You want to insure you have enough space to accommodate all your guests.

Next, you will need to determine whom you would like to invite to your event. Inviting families and the community is a great way to gain exposure. Consider inviting neighboring schools, elected officials or local clubs. As soon as the date, location and scope of the event are established, be sure alert the local media. This event is extremely news worthy and vital in shining a light on autism, a rising health crisis.



In this manual you will find numerous lesson plans that can be turned into stations for your event. It is a good idea to have a number of variations to your stations to make them developmentally appropriate for all. You can choose to assign each teacher a station from this manual or encourage him or her to create his or her own. In doing so, the teachers should remember to make the stations educational as well as fun.

Stations should include topics such as:

- Visual Spatial learning
- Social-Emotional Development
- Peer Interaction
- Problem-solving
- Motor planning: *Gross & Fine*
- Auditory Discrimination
- Critical Thinking

Prior to the event, students and staff should be educated on Autism. Encourage teachers to teach a lesson on "What is Autism." Another great way to spread awareness is to offer a professional training for staff regarding autism. Most people have heard the word "Autism" but don't fully understand the scope of the disorder. The biggest part of awareness is spreading the information. Any type of Autism Education to can provide in your school is fundamental.



Decorations:

Decorations can really help to make your event pop! There are many ways to add color to the event without breaking the bank. Consider purchasing blue table clothes for all the tables in which your stations will be set-up on. Balloons are a great way to add the color blue for a very low cost. Also, encourage the teachers to create things like blue puzzle pieces or posters to help line the walls. Utilize your local Dollar Store to purchase blue streamers, construction paper or flowers. The possibilities are endless!

Try to get your families involved as well. After your students have their lesson on Autism, encourage them to go home and teach what they just learned to their family and friends. Send each student home with a blue puzzle piece and ask them to write one new thing they learned about Autism. As a family, they can include pictures or drawings along with their fact and return them to the school. You can then use them to decorate your space. This is a great way to add a personal touch to your event.

Another personal touch is to create an “I MADE AN IMPACT ON AUTISM AWARENESS” sign. Create a large banner in the entrance in to your event, as guests arrive have them stamp their thumbprint, using blue ink. This sign can be used year after year. It will be very rewarding to look back at all of the thumbs prints and realize how much exposure your school was able to obtain for Autism! This can also be done on a small sign that can be later framed or on a giant puzzle piece, use your imagination!





Objectives

Students will complete the multi-sensory activity using four of their five senses and interact with their peers to create a collage of fish swimming in the sea. (*"We're all fish in the sea, at C.T.C."*), and use fine motor skills to use glue and place sequins, ric-rac, and other materials on a fish.

Procedure

1. Students will listen to the sound of the ocean (playing on CD) while using three shades of blue finger paint (dark, med, light) to finger paint the fish bowl.
2. Students will help trace their hand on paper and visualize the hand being a fish in the sea.
3. For those students who can cut, they will cut around the handprint.
4. Students will decorate the fish using a variety of materials- googly eyes, sequins, ric-rac, etc. and glue.

Materials

Pictures of different types of colorful fish, the sea, and bubbles
Glue
Scissors
Construction paper
Ric-rac
Sequins
Paint
Toilet paper rolls (for bubble effect)
Googly eyes,
Cd with player
Pencils
Permanent markers
Large cut outs of a fishbowl





Objectives

Visual/spatial, auditory discrimination, direction following, creativity, visual discrimination, Theory of Mind, perspective taking, fine motor, motor planning

Procedure

Activity 1: Mirror Maze

Get Blue home by navigating a printed maze with a pencil. Try navigating looking at the puzzle through a mirror.

Activity 2: What is Blue Thinking?

Given hints determine what place or thought is in Blue's head.

Activity 3: Where in the World is Blue?

Visually locate Blue given a setting and identify the location he is found (Disney, School).

Activity 4: Google Maps for Blue

Follow a set of directional clues to get Blue home and navigate to the grocery store.

Activity 5: Blue's Doodle's

Looking at squiggle doodles students either complete the other part of the picture or have a creative idea of what it looks like.

Materials

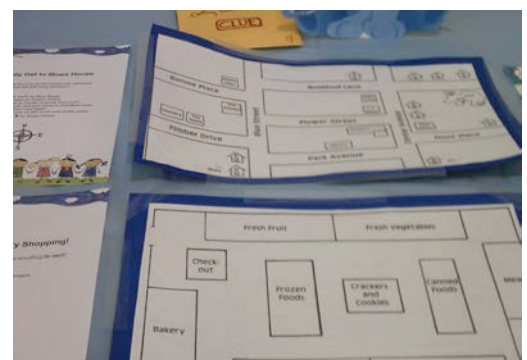
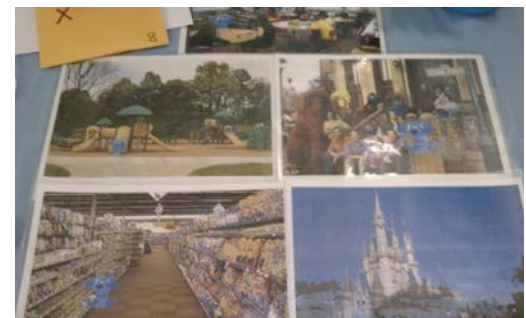
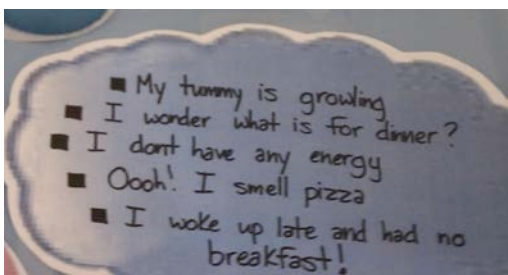
Activity 1: Mirror
Mazes
Pencils

Activity 2: Thought bubbles

Activity 3: Location pictures

Activity 4: Map with streets

Activity 5: Pictures of abstract lines
Pencils





Objectives

Visual/spatial, auditory discrimination, direction following, creativity, visual discrimination, Theory of Mind, perspective taking, fine motor, motor planning

Procedure

Activity 1: Blues Eye View

Visual birds eye perspective- Blue is looking down at a toy bedroom set. Students a. identify object from above on a chair and b. draw objects as seen from above

Activity 2: Follow the Paw Prints

Walk on a tightrope looking through binoculars following a trail of prints.

Activity 3: Bubble Wrap Pop

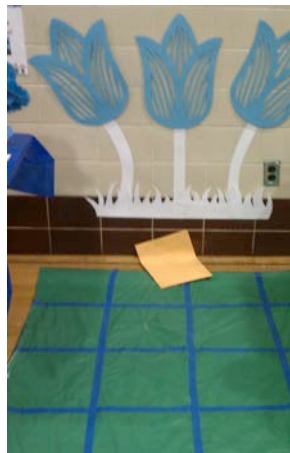
Use a pin to a. pop ONLY the blue colors and b. pop only the LIGHT BLUE colors.

Activity 4: Blue's Treasure Map

Using verbal and visual directions and a large grid map (move up two spaces, take 2 steps south west) – move through the map and leave a paw print as you move through the trail.

Activity 5: Name That.

Identify sounds played on the laptop, such as a horn, fire truck, elephant etc.



Materials

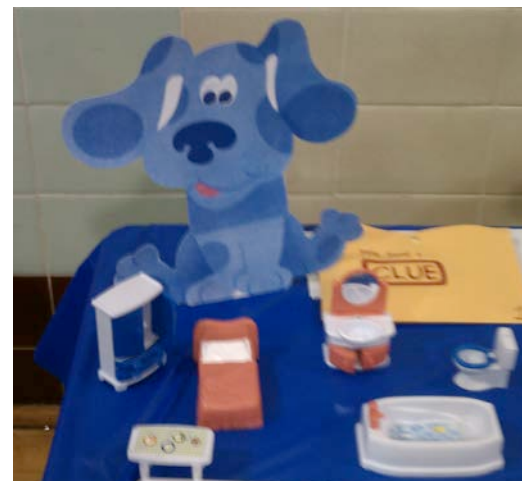
Activity 1: Toy furniture

Activity 2: Paw Prints
Binoculars
Red tape

Activity 3: Push pins
Bubble wrap
Blue markers

Activity 4: Grid map
Paw prints

Activity 5: Laptop
Common sound clips





Objectives

- Create a mural of the sky and a tree with a nest. Students will create their own bluebird or cloud to place in the mural.
- Auditory discrimination, varying perspectives, visual discrimination, visual tracking, visual spatial, multi step direction following.

Procedure

Mr. Blue Birds on My Shoulder

1. Hang the bulletin board mural high enough so some of the students will have to reach up to place their projects in it.
2. Play birdsongs in the background.
3. Have bowls of blueberries on the table (Birds Love Blueberries!).
4. Use blue paper cut into a bird shape.
5. Use folded (accordion if able) tissue paper as wings.
6. Decorate with blue feathers, gems, sparkles, streamers, eyes, and a beak.
7. Choose placement on mural (anywhere).
8. The students will be able to motor plan using the spoon to scoop some blueberries into a bowl to enjoy.

Materials

Blue bulletin board paper with tree with branches painted on it,
Large Spanish moss nest on the tree branch and grass on the ground
Blue paper and tissue paper
Blue and white feathers
Googly eyes
Glitter glue
Blue streamers
Cotton fiberfill
Cut out cloud shapes
Tape
Bowls of blueberries
Small cups and spoons



Variations

- Students that cannot complete the bird can make a cloud using a cloud shape and fill it with fiberfill/cotton. They can put the cloud in the sky (not on the ground or in the tree).
- Auditory discrimination-get different bird sounds- crow, ostrich, turkey, robin , etc.- have them distinguish and match with the visual of the bird- see if a tiny bird would have the same sound as a turkey etc.
- Bird's eye view perspective- find similar objects- toys- to those in your mural- trees, houses etc. - have students stand on a chair above them and either match them to the mural object, name, draw perspective etc.
- Near/far - have the bird noises from above at various levels and have students identify either/and what direction it is coming from or is it near/ far- can blindfold and they can point in the direction.
- Visual discrimination- have hidden objects- staff can just print and add them to the mural- how many birds can you locate? Which objects don't belong? -a computer.
- Visual tracking- have bird follow a path to the proper feeder or house- small red bird flies to small red house.
- Visual spatial- Velcro the bird UNDER the house, ON the house, IN the house, OVER the house.



🌸 Objectives

Hand thinking, Visual thinking, Visual spatial

🌸 Procedure

Activity 1: Feeling Blue

1. Medium box will be wrapped with a front panel cut out for the student's hands.
2. A curtain will be placed over the panel.
3. Different objects will be placed inside the box based upon the level of the student (how similar the objects are).
4. Students will be shown an object and then asked to place their hands in the box to find the same object.

Variations:

- Teacher will verbally name the object and the student will find it.
- Teacher will describe characteristics of the object (i.e. fuzzy, long, function).

Activity 2: Seeing Blue

1. 5-10 blue objects (depending on the student's level) will be placed on a tray.
2. Student will study the tray for a minute or 2 and then turn around.
3. Remove one object.
4. Student will attempt to identify which item is missing.
5. Clues may be given if necessary until the child can be successful.

Variations:

- Teacher will rearrange objects as well as remove one object.
- Teacher will take away two objects and replace with alternative objects. Students will identify which two objects were removed and what the new objects are.

🌸 Materials

Activity 1

Blue box with curtain
Doubles of blue objects

Activity 2

Blue tray
10 blue objects





Objectives

Fine and gross motor skills, balance, memory, hand/ eye coordination, direction following, sequencing, categorizing, matching, peer interactions, motor sequencing, problem solving, and visual, tactile, and auditory processing skills.

Procedure

Activity 1

Students will pick up cotton balls using straws as chopsticks and move to the other side of a taped line.

Activity 2

Students will race a peer by blowing at a cotton ball through a straw across the finish line.

Activity 3

Throw or drop ping pong balls through holes in a smiling clown face.

Activity 4

In a tub of water, students will pick and match floating ducks. Younger students can choose ducks based on color and categorize them. Older students will play a memory game where they are asked to remember numbers on the bottom of each duck. Students will gain a point for each time they can match ducks by number.

Materials

Activity 1: Cotton Balls
Straws
Tape

Activity 2: Cotton Balls
Straws
Tape

Activity 3: Clown Face Picture
with holes
Ping Pong Balls

Activity 4: Plastic Floating
Ducks
Plastic container
filled with water





Objectives

Activity 1: Logical thinking and problem solving, fine motor skills.

Activity 2: Motor planning, visual spatial, peer cooperation, color discrimination.

Procedure

Activity 1: Tangled up In Blue

Use printable toothpick logic puzzles to solve a variety of problems using blue toothpicks.

Variations

- For larger scale: color Popsicle sticks blue or for even larger use sticks the students have collected.

Activity 2: One Fish, Two Fish, Red Fish, Blue Fish

Gather around a big blue tarp, which symbolizes a pond. The tarp is covered with many blue fish with magnets attached to their mouth. Use gross and fine motor skills to get the fish “hooked” to the lure and carefully remove the fish from the water.

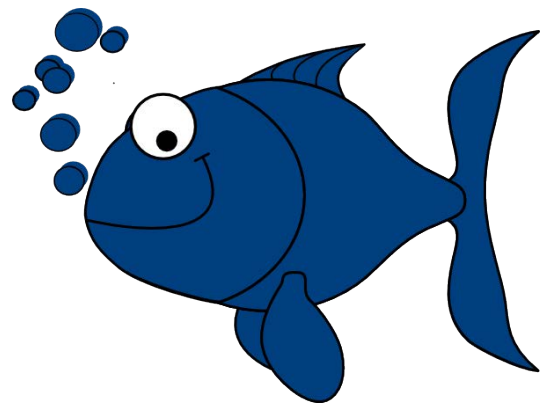
Variations

- Have multi colored fish to help distinguish colors and only catch blue.
- Work on size discrimination by only catching fish of a required length and throwing back the small ones have peers help land the fish by helping with a net.

Materials

Activity 1: Popsicle sticks
Puzzle sheet
Toothpicks

Activity 2: Fishing poles
String
Magnets
Paper fish





Objectives

Activity 1: Oculomotor Skills, Breath Control, Motor Planning, Self-Regulation

Activity 2: Peer cooperation, Motor Planning, Gross Motor, Critical Thinking

Procedure

Activity 1: BLUE Eyeball Tracking

Tape two blue lines down the center of a table approximately four inches apart. Then blow the super ball down the track without going over the lines. Students can just blow with their mouths or may use a straw.

Variations

- Students design and obstacle course to navigate the ball through such as a race track
- With a peer- students volley the ball back and forth across a line.
- Students attempt to hit a series of moving blue targets by blowing the ball.

Activity 2: BLUE Balloon Balancing Act

1. Blow up Light Blue & Dark Blue Balloons.
2. Place them in large Blue utility bucket.
3. Have two students place balloon in between them (back to back).
4. Students will walk down a designated Blue path and drop ball off into second utility bucket without dropping it along the way.

Materials

Activity 1: 2 blue-eyed super balls
Blue painter's tape for designing "track"
2 small blue pails

Activity 2: Balloon
Bucket





Objectives

Fine and gross motor skills, balance, hand/ eye coordination, direction following, sequencing, peer interactions, motor sequencing, problem solving, and visual, tactile, and auditory processing skills.

Procedure

Activity 1:

Walk backwards and forwards on a balance beam covered in bubble wrap. The bubble wrap will have footprints on it for the student to follow.

Activity 2:

Walk backwards and forwards on bubble wrap trail while balancing a colored wooden egg on a colored wooden spoon.

Activity 3:

Knock down six cans with beanbags given three attempts.

Activity 4:

Roll a rubber ball and knock down wooden bowling pins with three tries.

Activity 5:

Using a baseball bat hit a wiffle ball hanging on a string.

Materials

Activity 1: Balance Beam
Bubble Wrap with
Footprints on it

Activity 2: Colored Wooden
Spoons
Colored Wooden
Eggs

Activity 3: Plastic Cans
Bean Bags

Activity 4: Wooden Bowling
Pins
Small Blue Balls

Activity 5: Baseball Bat
Wiffle Ball String





Objectives

Activity 1: Self reflection, degrees within emotions, connection of emotions and Experiences

Activity 2: Emotions, fine motor skills, symbols

Procedure

Activity 1: Feeling Blue

Some people see blue as a tranquil color, others see blue as a sad color, and some see blue as a festive color. What does the color blue mean to you? Write down what feeling(s) blue means to you and draw that emotion with a blue marker/crayon on the same piece of paper.

Variations

- Use varying shades and tones of blue on a spectrum scale and help students identify ranges within emotions and the events around them- “dark blue is very upset because my friend moved away, light blue is just a little down and how I feel on a rainy day”.

Activity 2: Adorned in Blue

Make necklaces using a variety of blue objects including blue beads, pasta, paper trinkets, and yarn.

Variations

- Attach a larger attribute to each addition to your necklace- “this blue piece of yarn helps me remember that things can look up when I am feeling blue”.

Materials

Activity 1: Crayons
Markers

Activity 2: Blue pasta
Blue beads
Blue trinkets
Blue yarn





Objectives

Activity 1: Fine Motor, Tactile, and Ideas/Creativity

Activity 2: Visual thinking, Visual Spatial

Procedure

Activity 1: Spaghetti Art

Students will dip strands of spaghetti into various shades of BLUE paint to create their masterpiece on BLUE construction paper.

Variations

- Use varying types of pasta with a variety of shape and thickness -create an image of a relaxing place- linguine for waves, lasagna for beach blanket.

Activity 2: Thinking Blue: Is your Cup $\frac{1}{2}$ Empty or $\frac{1}{2}$ Full?

Student will be asked to simultaneously fill their small cup $\frac{1}{2}$ way with beads using a paperclip hook to thread the beads and dump place into a small paper cup. After completing, student will check their accuracy by pouring their beads into a marked cup with a $\frac{1}{2}$ line.

Variations

- Student will use a plastic spoon if the hook is too.
- Difficult student can use a tweezer to fill the cup.
- Different fractional parts.

Materials

Activity 1: 1-2 lbs. cooked spaghetti
At least two different colors of blue paint
Construction paper

Activity 2: Blue beads
Small cups
Paperclip hooks
Plastic spoons





Objectives

- Students will make a blue lava lamp with household ingredients.
- Visual spatial, gross motor, multi sensory, problem solving, critical thinking, estimation, predictions, multi- step direction following.

Procedure

1. Write all steps and add visuals on a poster-numbered.
2. Choose one soda bottle out of the bin (place high-reach or use a chair).
3. Using a funnel and fill the bottle $\frac{3}{4}$ full with vegetable oil (have line marked on bottle).
4. Add water to the remainder of the bottle.
5. Drop in 5-10 drops of food coloring, depending on how dark they want it.
6. Drop in 1-2 small pieces of an Alka-Seltzer or Airborne tablet. (Older students: adult can ask why they think the solution is bubbling? Or why the oil and water separated?)
7. When the bubbling has stopped, an adult will hot glue the cap onto the bottle to secure it closed.
8. Go into a dark room or climb under the table covered with a dark blanket and place a strong flashlight under the bottle to illuminate the bubbles.
9. They will LIGHT IT UP BLUE!

Variations:

- Work in estimation with the measurement.
- Make predictions about what will happen from experiment.
- Choose the best funnel maker from a variety of materials and have them make and test them- some that would work well and some that don't at all.

Materials

Small soda bottles
Vegetable oil
Water
Funnel
Blue food coloring
Alka-Seltzer or Airborne tablets (only for adults to handle)
Hot glue (only for adults to handle)
Flashlights
Dark area





Objectives

- Activity 1:** Breathing control, sequence multiple steps, rhythm and timing, visual spatial.
Activity 2: Textures, rhythm and timing, peer cooperation, visualizing and elaborating on mental images.

Procedure

Activity 1: Bubble Blow

1. Put 50/50 bubble solution and dish detergent into a bowl.
2. Use a straw to blow bubbles in the bowl.
3. When the bubbles start to overflow, place a couple of drops of blue food coloring on top of the bubbles.
4. Place a piece of paper on the bubbles; it will leave a cool design!
5. Repeat until desired effect finished product is attained.

Variations

- Practice blowing different size bubbles- “blow a bubble the size of a quarter” or “as big as your sandwich”.
- Put words or thoughts into the bubbles and further illustrate to turn into a cartoon.
- Title your creation as it inspires you.

Activity 2: Rub a Dub Dub

1. Provide varieties of textures (sandpaper, lace, wood grain).
2. Place under a piece of paper and rub a blue crayon over it.

Variations

- Scavenger hunt to locate varying textures around the room.
- Create a picture scene with a peer- “your rubbing looks like a cloud so now I will add grass, and next you can add a barn”.
- Visualize and Verbalize- using the structure word cards- add detail to your picture in a variety of textures- shape, background, perspective, number.
- Experiment rubbing to music or a metronome to work on rhythm and timing.

Materials

- Activity 1:** Dish detergent
Paper
Blue food coloring
Bubble solution
Bowl
Straws

- Activity 2:** Crayons

