Strategy at Work

Same Manager Same Manager Bart to the four Ba

Activity Schedule: Toothbrushing

Individuals with an autism spectrum disorder (ASD) sometimes have difficulties with sequential processing (i.e., learning the order of events, like brushing teeth). These difficulties with sequential processing may result in individuals becoming anxious or overwhelmed in certain situations, which in turn may lead to problem behaviors to communicate that anxiety. An activity schedule may help overcome these problems.

To learn more:

How-To Template: Activity Schedules (http://www.handsinautism.org/tools. html)

How-To Template: Schedules (http://www.handsinautism.org/tools.html)



www.handsinautism.org hands@iupui.edu Tel: (317)274-8162

select option "0"

Other resources:

Strategy at Work: Dentist Visit Social Story (http://www.handsinautism.org/tools.html)

Strategy at Work: Dentist Visit Schedule (http://www.handsinautism.org/tools.html)

To Make:

- 1. Select the schedule that meets the needs of the individual.
- 2. Modify the schedule, if needed (e.g., making steps more specific).
- 3. Print out the schedule.
- 4. Laminate the schedule
- 5. Cut out steps and place on a velcroed board, if needed (for pull-off schedules).



Christian Sarkine Autism
Treatment Center
Department of Child
and Adolescent Psychiatry
702 Barnhill Dr., Rm. 4300
Indianapolis, IN 46202
For referrals, call 317-274-8162
For research, call 317-274-8162
Other resources: call 317-274-8162
select option "0"
www.iupui.edu/~psycdept/autism/

rileyhospital.org



Time to Brush Your Teeth

Rinse toothbrush	
Squeeze toothpaste on toothbrush	
Brush top front teeth 10 times	
Brush top left teeth 10 times	
Brush top right teeth 10 times	
Brush bottom front teeth 10 times	V OU
Brush bottom left teeth 10 times	
Brush bottom right teeth 10 times	
Rinse toothbrush	
Rinse mouth	
Wipe mouth	

Finished!

Squeeze toothpaste Brush top front Rinse toothbrush on toothbrush teeth 10 times **Brush bottom front Brush top left teeth Brush top right** teeth 10 times teeth 10 times 10 times **Rinse toothbrush Brush bottom left Brush bottom right** teeth 10 times teeth 10 times Wipe mouth **Rinse mouth**

^{2.} Put SUBSCRIBE in the subject field

^{3.} Put your name and email address in the body