

## CANDO

### Center for Autism and Neurodevelopmental Disorders Eunice Kennedy Shriver Center

Supporting Youth with Autism Spectrum Disorder (ASD) and  
Neurodevelopmental Disorders (NDD) During the  
COVID-19 Pandemic and Beyond



At CANDO, we are acutely aware that unexpected changes require thoughtful support for person's with ASD or NDD. We have put together a list of resources to help with explaining COVID-19, ideas for creating supportive schedules for the day, and various activities to support positive interactions and successful engagement, including indoor movement activities! Please note that it is important to consider the youth's developmental level when applying these strategies.

Resources compiled by: Dr. Mary Beth Kadlec, ScD, OTR/L, CANDO Program Director and Vicky Hoyo, OT/s, Emily Idemoto, OT/s, and Maya Shaahan, OT/s, MGH Institute of Health Professions Occupational Therapy Doctoral Students



# Routines



credit: [https://englishiscoolsite.files.wordpress.com/2016/11/daily-routines-drawings\\_23-2147545570.jpg?w=626s](https://englishiscoolsite.files.wordpress.com/2016/11/daily-routines-drawings_23-2147545570.jpg?w=626s)

[Maintaining Routines](#)  
[Building New Routines](#)

- "[For on The Floor](#)" Daily Activities with Dr. Gil Tippy, DIRFloortime Expert

# Keep on Moving!



- [Kids Yoga Videos](#)
- [Indoor Movement Activities](#)

