

Building Personal Connections through Play & Games

Support for Those with Autism & Other Special Needs



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Inclusible means *suitable for inclusion*.

My goal is to make communities suitable for inclusion, not people. And play is a most enjoyable tool!



Inclusible.com
Building Community Through Play

Objectives

Participants will gain information & tools to support learners with varying abilities in play.

Specific topics will include:

- **The benefits of play for all**
- **Techniques for overcoming barriers & teaching game-playing skills**
- **Teaching sportsmanship**
- **Ideas and materials for caregivers, educators, & others**

The Remarkable Benefits of Play

Research shows play can improve children's skills in the following ways:

- Planning & organizing
- Social skills
- Regulating emotions
- Coping with stress
- Language skills
- Math skills



The American Academy of Pediatrics (AAP) clinical report, [The Power of Play: A Pediatric Role in Enhancing Development in Young Children, 2018](#)



“[Physical] Play decreases stress, fatigue, injury, and depression and increases range of motion, agility, coordination, balance, and flexibility.”

Goldstein J. *Play in children's development, health and well-being: technology and play*. In: Pellegrini DA, ed. *Oxford Handbook of the Development of Play*. New York, NY: Oxford University Press; 2011

Play reflects and passes on cultural values.

Did you know?

Recess in schools began in the U.S. as a way to support the social integration of immigrant children.



Rothbaum F, Pott M, Azuma H, Miyake K, Weisz J. *The development of close relationships in Japan and the United States: paths of symbiotic harmony and generative tension.* *Child Dev.* 2000;71(5):1121–1142pmid:11108082

From My Experience, I've Learned...

Play gives us a reason and the opportunity to gather together



...that can last a lifetime.



Play can give us a predictable and comfortable way to connect with others.



- Games have rules and a structure.
- They can be learned and practiced.
- Players can change but the game remains the same.

Play can give us opportunities to see and listen to others and in turn, be seen and heard.



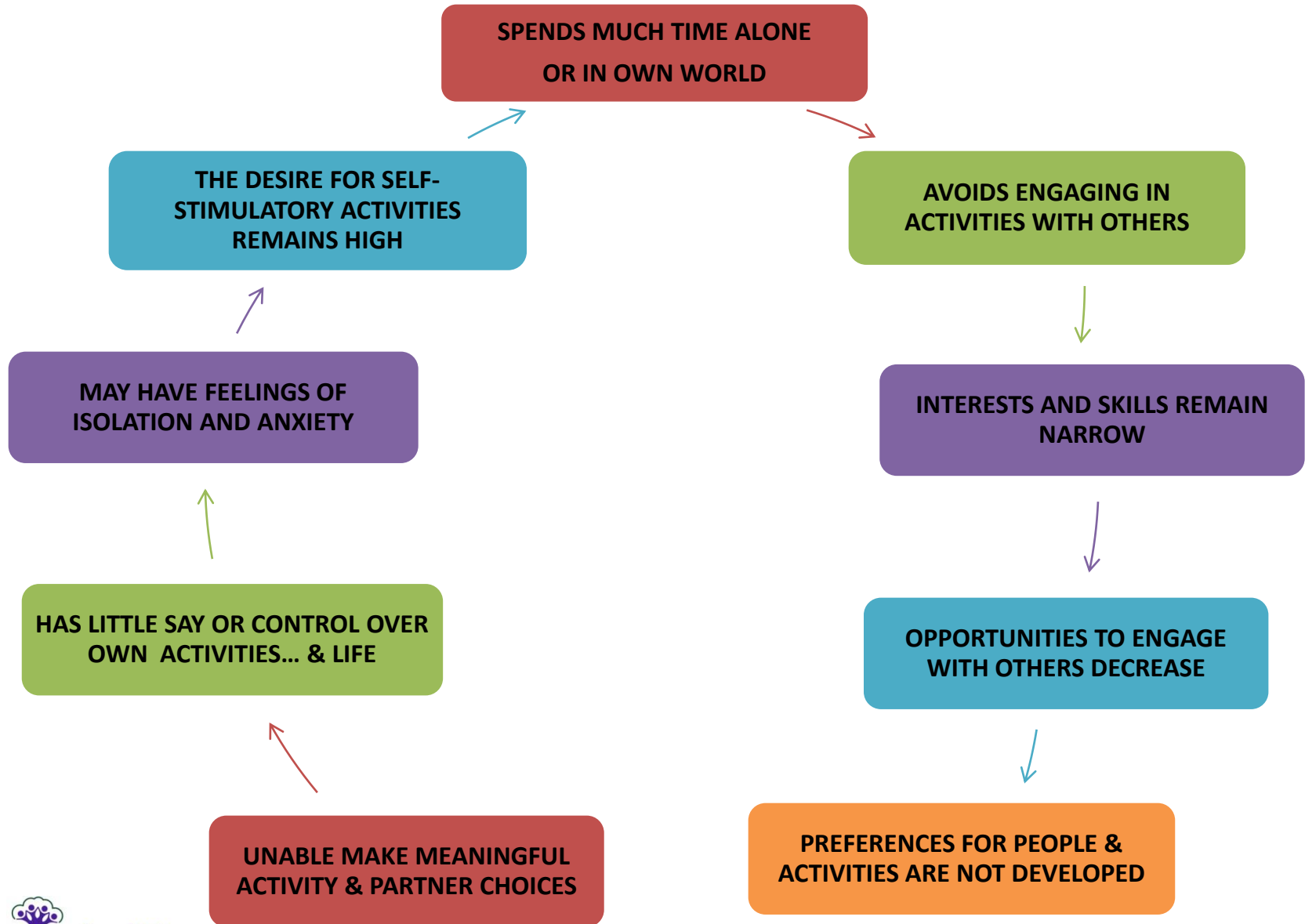
Through play we can spend time with those who are different from ourselves, build friendships, and grow as individuals.



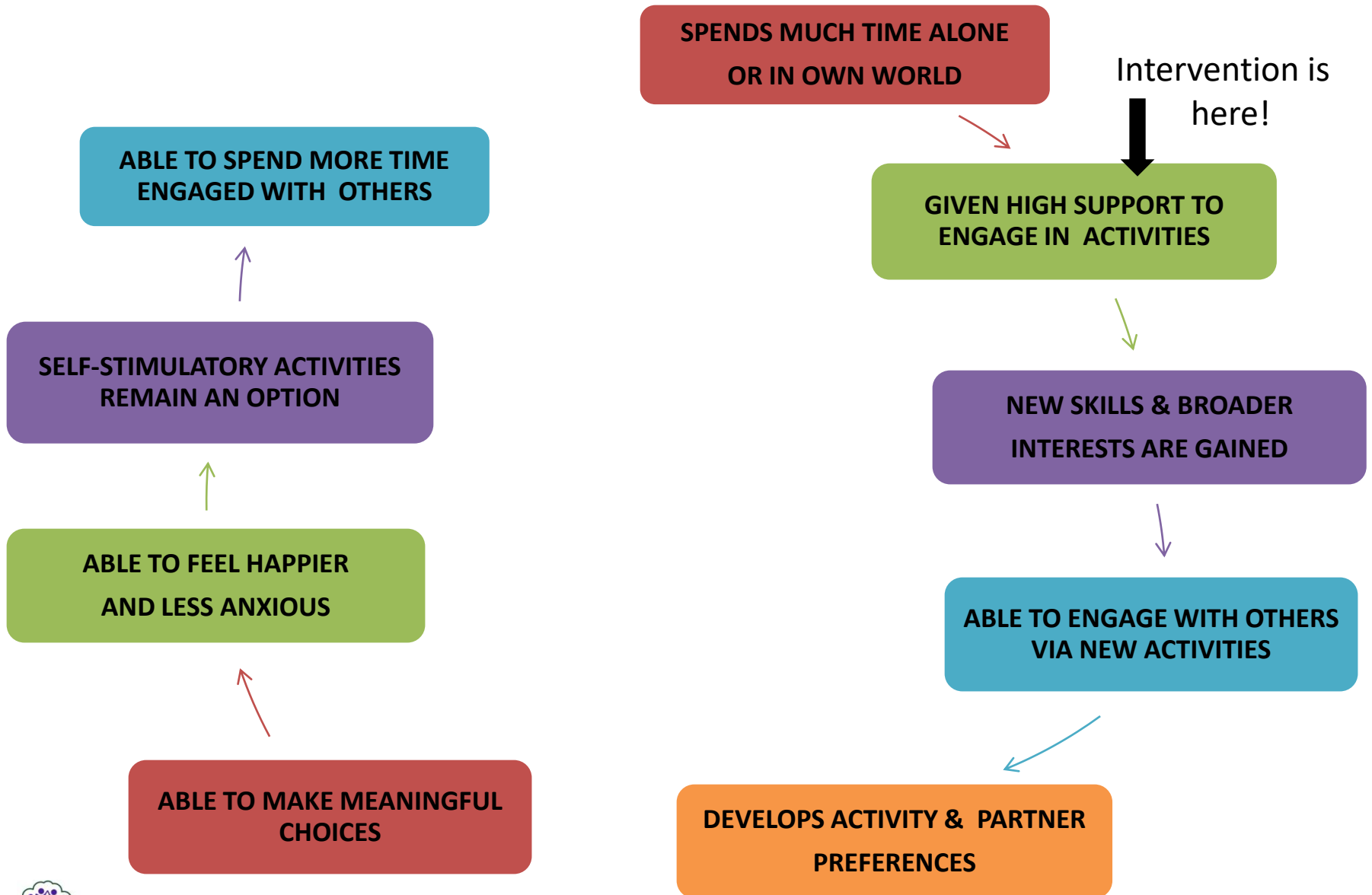
Possible Barriers to Play for Special Needs Learners

- Skills
- Communication
- Motivation
- Emotions/Anxiety
- Behavior
- Mobility
- Medical
- Sensory
- Cognitive
- Opportunity

An Isolation Problem, Especially for Students with Autism



Breaking the Cycle of Isolation



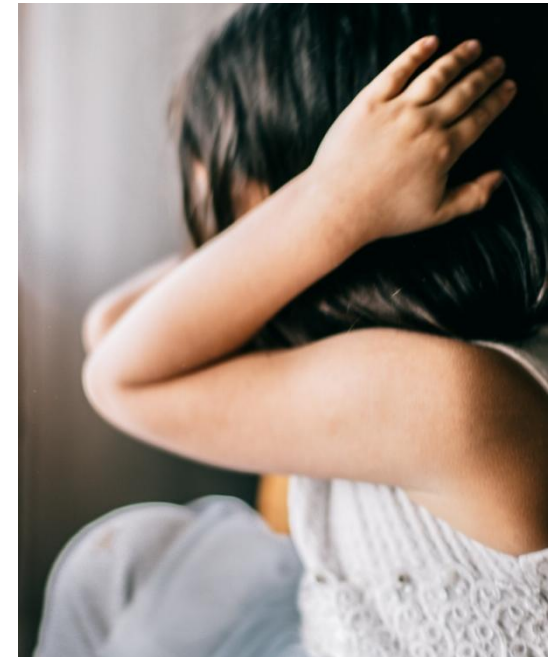
15 Tips **for** **Overcoming Barriers** **&** **Teaching Skills**

1. Choose Wisely

- Start simply (e.g. puzzles)
- Know your players – choose games with potential for interest.
- Avoid poor matches.

Sensory needs? Anxiety?

Don't choose games with startling features.



2. Choices, Choices!



- Meaningful choices
- As soon as possible – but make sure the choices are available and understood
 - show actual objects
 - visuals choice boards (paired with text)
- Include partner choices

3. Create the Environment

- Inviting
- Heterogeneous groups
(e.g. different classes/grades, families, community members/locations)
- Expectations are clear
- It's easy to start right in

Visual schedules
can help!



Play a Game, Get a Prize!

For
motivation,
for
targeting
skills,
or just for
fun!

Prize Token



Prize Token



Prize Token

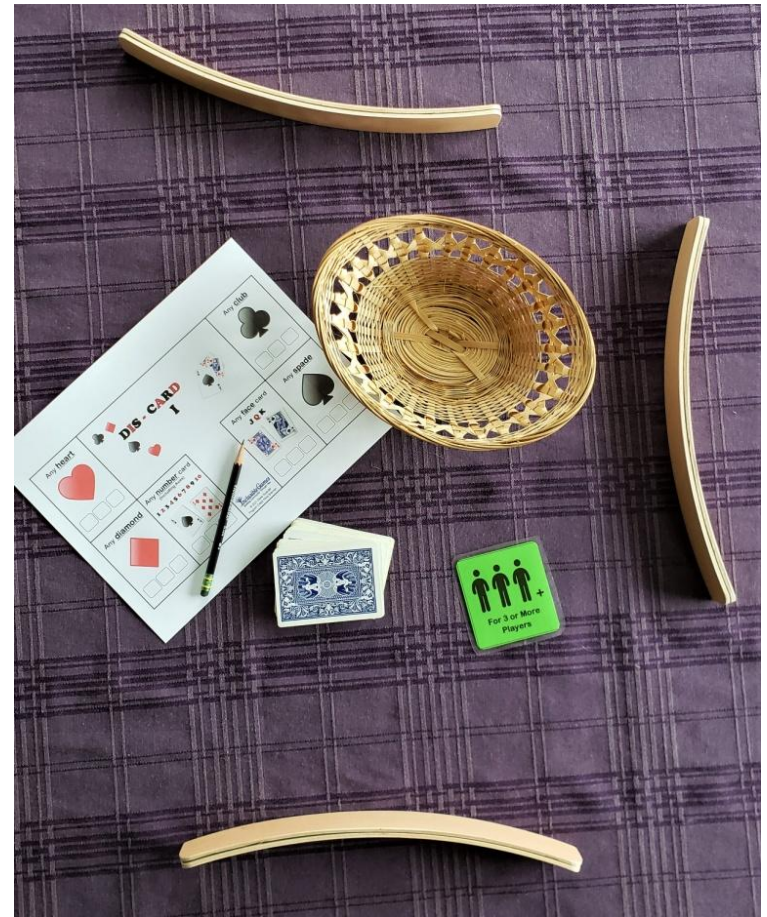


It Takes Two!



If possible, start with the puzzles apart and let the learner leave with their put-together accomplishment in tact.

Three or More



Set up memory match games



Something Unstructured



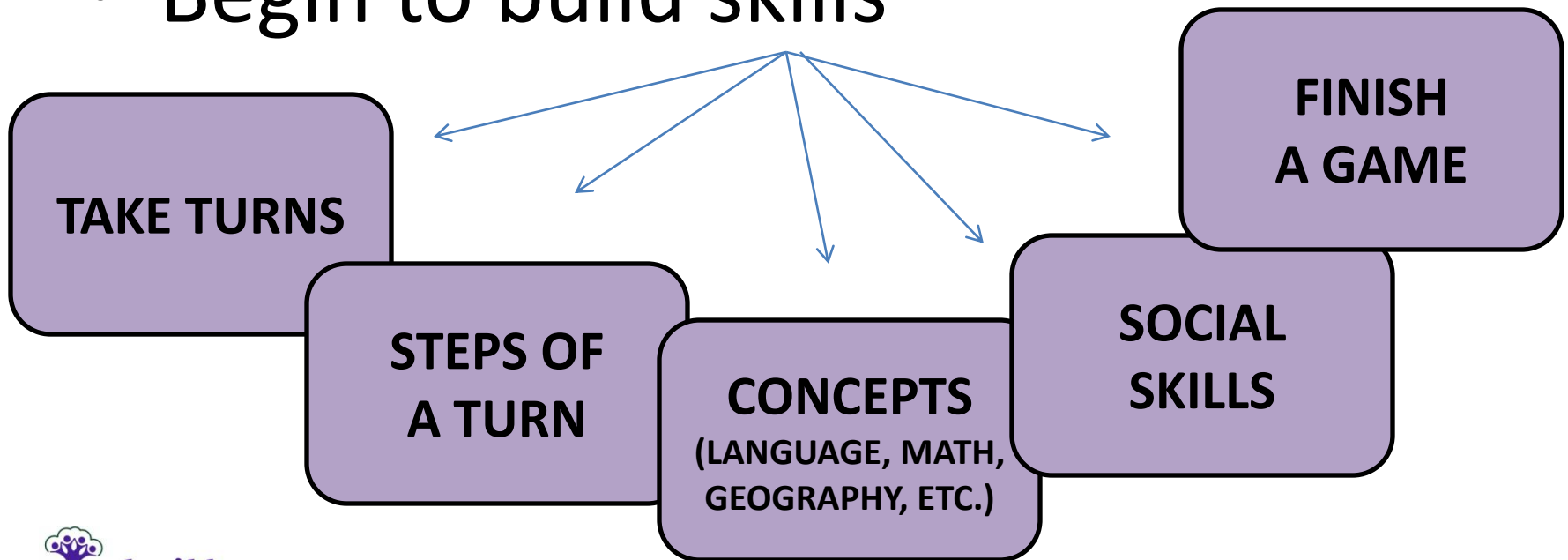
Introduce 'House Rules'

- A specific term for changes in a game
- Make decisions together to slightly change rules of a game
- Fosters flexible thinking, creative thinking, & collaboration
- A good way to explain making modifications



4. Demonstrate & Model

- Experienced players go first
- Play a practice round
- Begin to build skills



5. Physically Pass the Turn

- Bowls or baskets
- Serve as prompts
- My turn & not my turn



& Always Go Clockwise



- Can anticipate turns
- Predictable = comfortable

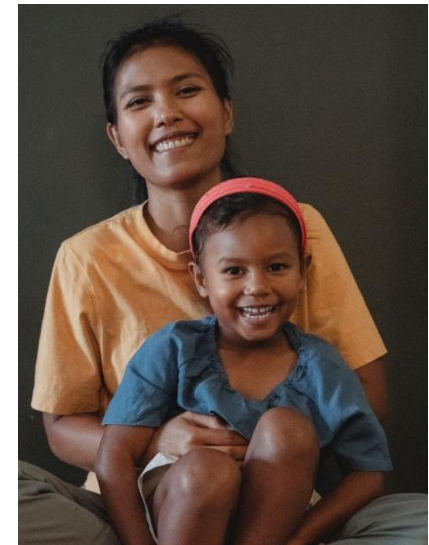
6. Shorten It Up

- small commitment
- build tolerance
- lengthen with interest




7. Play with Partners

- pair inexperienced with experienced
- players learn with little stress
- leaders can assess skills
- keeps it fun for all
- keeps the game moving



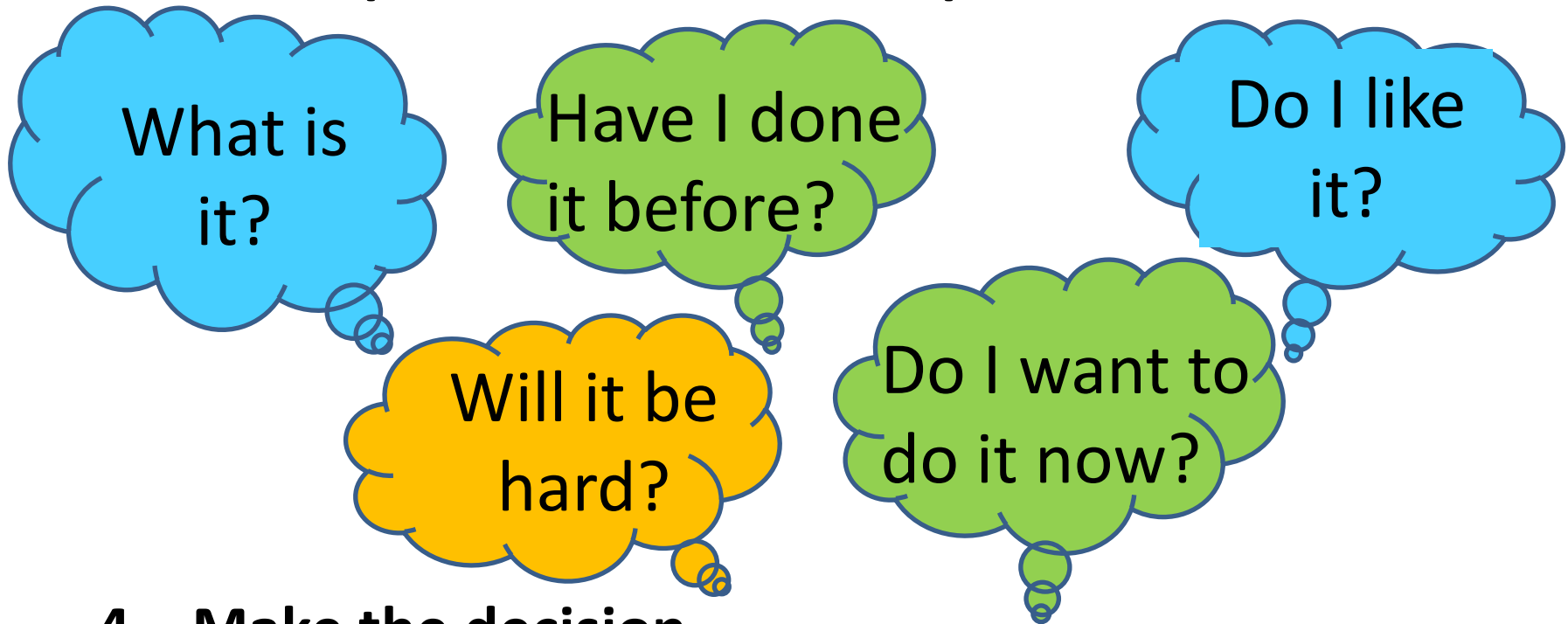
8. Consider the Invitation



Do you want to
play a card
game?

May trigger a sequence like this:

- 1. Process the question**
- 2. Consider the options**
- 3. Anticipate what a “Yes” response would mean**



- 4. Make the decision**
- 5. Formulate & produce a response that will be understood – in a timely manner !**

The impulsive & easier route may be to just say “NO”.

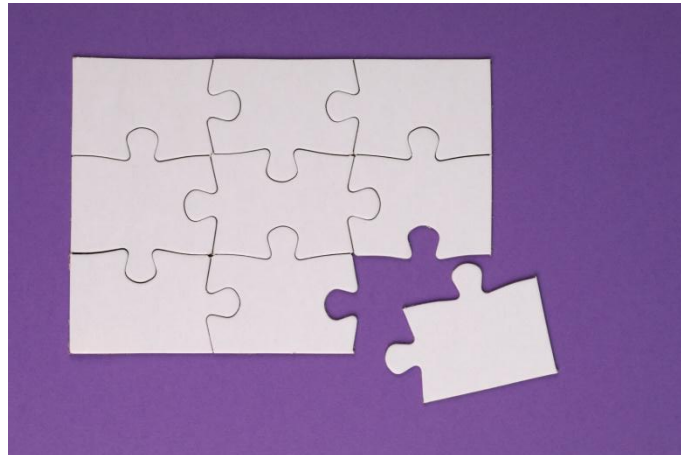
Instead, consider the invitation like this:

Come try this
game with me.
I will help you.



9. Last Move First

- Last puzzle piece
- The last round of the game
- Short & easy
- Build with comfort & interest



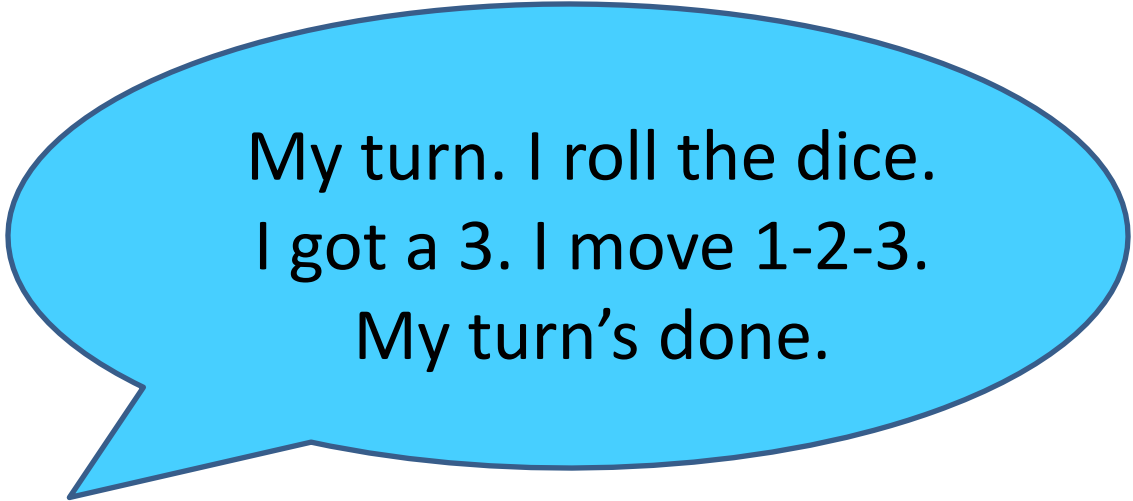
10. Count Backwards

- Especially if new or non-preferred
- Pitch and... throw away?
- 1st pitch = "*Ten!*" ... "*Nine!*" ... "*Eight!*" ...
- A known endpoint
- Be true to your word! -- build trust



11. My Turn is My Turn

- Resist using your turn to teach
- It's a downtime for others
- Narrate through your turn



My turn. I roll the dice.
I got a 3. I move 1-2-3.
My turn's done.

12. Skip the Quiz

- Resist teaching through questioning
- Learning comes naturally through play
- We all learn best through doing
- Replace *“What number did you get?”*
with
“Wow! You got a 6.”

13. Give a Little Time



- Processing time (count 5 seconds)
- Time for multiple steps of a turn

14. Be Observant



If having fun, build upon it – different play partners, similar but new games, or become an expert and team with inexperienced players

If not, give more support – provide more assistance, shorten it up, be a temporary partner, find alternatives

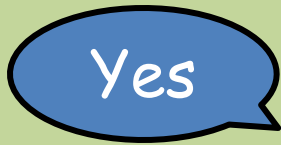


15. Finish the Game

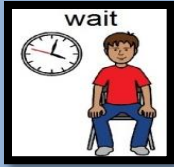
- Build the expectation & routine
- Make it short
- Take a break
- Goal = good game-playing partner



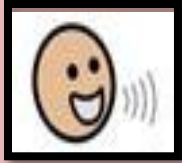
How to Be a Good Sport



I say "Yes"
& try new things



I wait for my turn



I say or do nice things

"Good idea" , "Thank you" , or sharing



I take good care of me!



I finish with positives

"Good game" "Thanks for playing" "High 5"
& help clean up

How
to
be a
Good
Sport



Schedules help
build in time to
instruct or
reflect upon
good-sport
goals.



Finish by saying something nice to your fellow players like...

Good game!

Nice playing!

It was fun to play with you!

Well done!

Nice game!

Let's play again sometime!

Ideas & Tools for Caregivers, Educators, & Others

Playing Card Holders



**Exqline Wood Curved Playing Card Holder Racks
Tray Set of 4 for Kids Seniors Adults - 13.4inch
with Widen Base Stable Enough for for Bridge
Canasta Foot and Hand About \$20**



**Look for this symbol on
wood and paper products!**

'FSC' = Forest Stewardship Council, an organization that works to promote the practice of sustainable forestry worldwide.

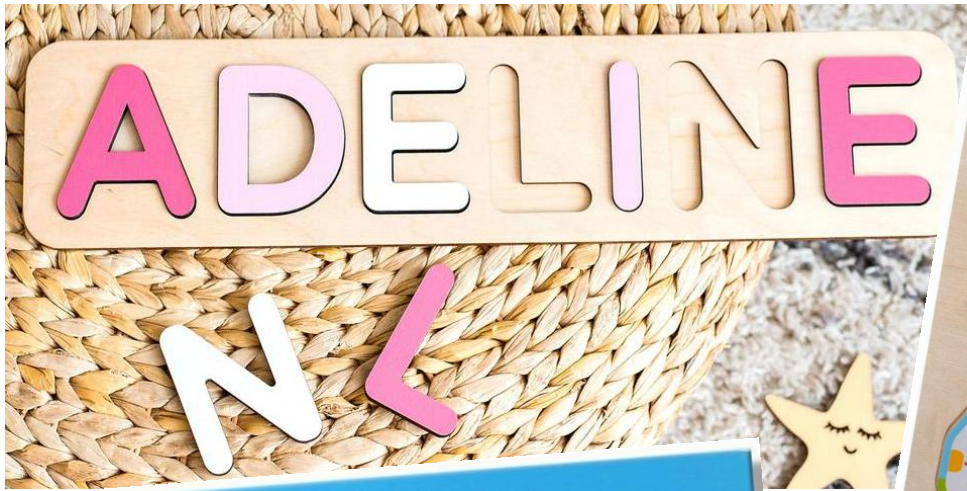


Or Make Your Own...



card holder from an upside down shoe box!

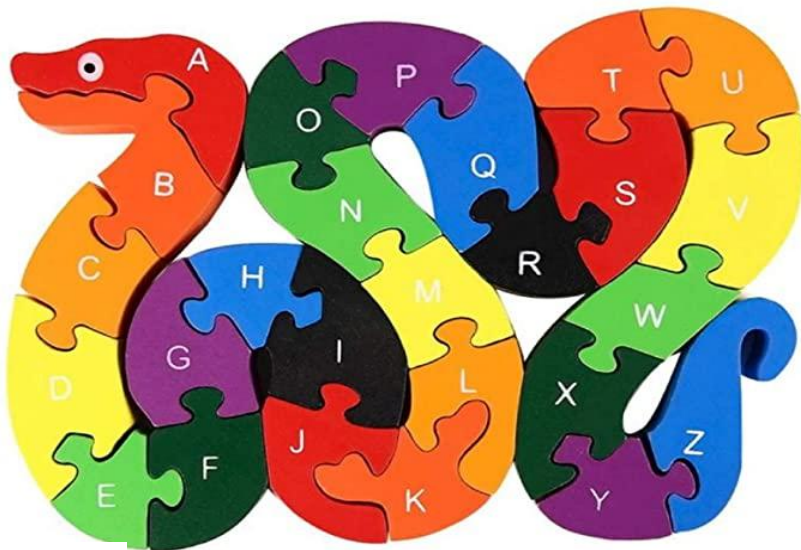
Fit-to-a-Space Puzzles



Perfect for beginners



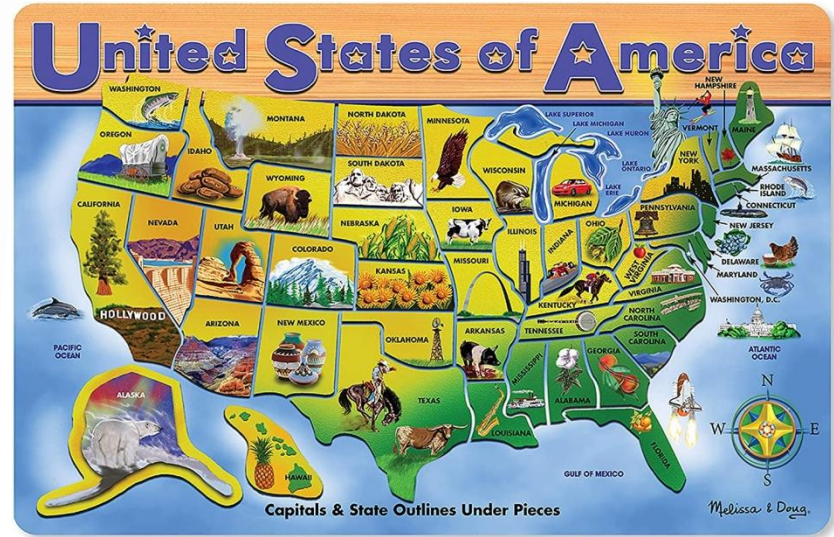
Alphabet and Numeration



Try taking out
just a few pieces
to start with.



Lauri Rubber Puzzles



Melissa & Doug



Jigsaw Puzzles

24, 48, 100 pieces

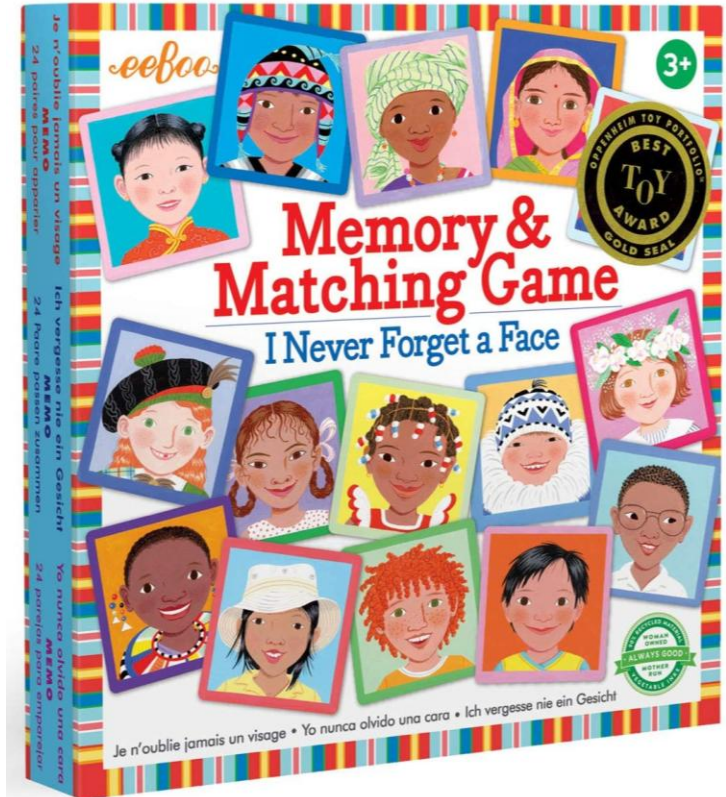


Easy for Turn Taking



Look for unstructured activities that can just be fun to do together.

Matching & Memory Games



Use bowls to keep track of whose cards are whose & to keep collected cards separate from playing cards.



















Modified Memory Match - Twice as easy! Twice as fast!

Use placemats to separate cards into 2 sections. Choose 1 card from each section.



Search 'Inclisible, YouTube' for video instructions

Make Your Own Matching Games

 Paddle Boarding	 Welcome Sign	 Frozen Heart Lake	 Cedar Waxwings
 Rain on the Trail	 Snow at Heart Lake	 Story Time	 Mushrooms
 Nun-Da-Go-O Ridge	 Mt. Marcy Summit	 Whiteface Mt. Summit	 Red Trillium
 46er!	 Stained Glass	 Beaver	 Ferns



Always include text!



Knight



Horse



Horse



Moat



Merchants



Merchants



Knight



Knight



Sword



Armor



Armor



Dragon



Dragon



Sword



Labyrinth



Labyrinth



Castle



Castle



Dungeon



Maiden



Maiden



Dungeon

Made for St. Rose
Friday Knights
Social Program for
Students with ASD

Tip: Use PowerPoint tools of duplicate
slide & copy & paste from slide to slide

Dollar Store Deals



Buy 2 of the same set and you've got a matching game!

Teachers Pay Teachers

www.teacherspayteachers.com

Words in Action!

100 Real-life Photos

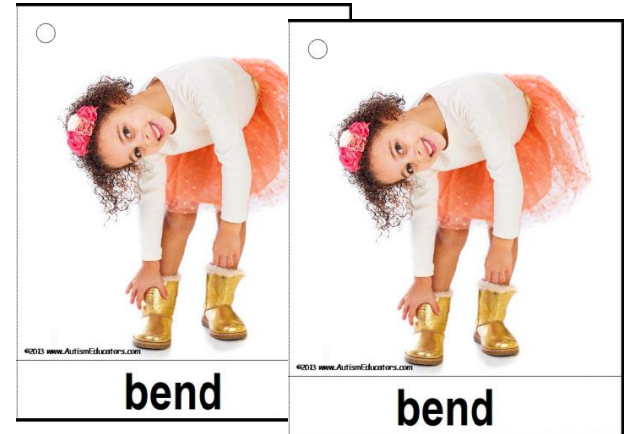
A collection of animated Picture/Word Verb cards for Visual Learners!



sing



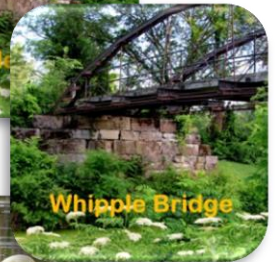
push



www.AutismEducators.com

Watch for games from me at...

**InclusibleGames.com**
Building Community Through Play



For players
of all ages

Modifications

Mancala - colored tape indicates each player's pockets & arrows show which direction to move



Good Ideas for Physical Play



A soft Frisbee substitute called 'Pocket Disc'



Nerf football

Make visuals for traditional games like 'Red Light Green Light'



Mini Schedules

Schedule

Free time 5-4-3-2-1

Activity

Free time

Schedule

Free time 5-4-3-2-1

Activity

Free time

Schedule

Free time 5-4-3-2-1

Activity

Free time

Schedule

Free time 5-4-3-2-1

Activity

Free time





Tools for rounding corners can be useful!



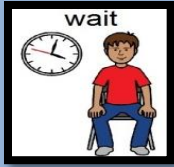
Play a Game, Get a Prize!

For
motivation,
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<p>Prize Token</p> 	<p>Prize Token</p> 	<p>Prize Token</p> 
<p>Prize Token</p> 	<p>Prize Token</p> 	<p>Prize Token</p> 
<p>Prize Token</p> 	<p>Prize Token</p> 	<p>Prize Token</p> 



I say "Yes"
& try new things



I wait for my turn



I say or do nice things

"Good idea" , "Thank you" , or sharing



I take good care of me!



I finish with positives

"Good game" "Thanks for playing" "High 5"
& help clean up

How
to
be a
Good
Sport

Playing Games Virtually



Play 20 Questions

THINKER:
I am thinking
of something...



GUESSER:
Can it...?
Does it have...?
Is it...?

One person (the “**thinker**”) starts the game by saying, “I’m thinking of something that is...an animal” (or another category).

The other players (the “**guessers**”) ask questions and try to guess what it is. As a group, **guessers** can ask up to **20** questions.

The **thinker** can only give 4 kinds of answers.



1. Yes
2. No
3. Maybe
4. I don’t know. Please ask another question.



So **players cannot ask** a question like, “What color is it?” but they *can ask*, “Is it red?” Each time **players** ask a question, they can also make a guess.



If no one can guess before using up the **20** questions, the **thinker** wins!



?

To be fair, the **thinker's** idea must be something all players would know!

Come up with your own categories or use one of these.

- an job or sport
- an animal
- a plant
- a food
- a house or classroom object
- an action
- a famous person
- a mutual friend

Notes

At the end of **20** questions, the **thinker** can opt to give the **players 20** more questions.

The one who guesses correctly may be the next thinker or they may choose to give their turn to someone else.

Some questions to ask...

- Is it bigger than an iPad? A man?
- Does it live in water?
- Does it have teeth?
- Does it have stripes or spots?
- Does it have wings? Scales? Fur?
- Does it fly? Swim? Hop? Run fast?
- Does it have legs?
- Does it eat other animals?
- Does it make a good pet?
- Does it have antlers, horns or tusks?
- It is colorful?
- Are people often afraid of it?
- Is it usually found in North America, where we live?

An animal

I have a question...



20		10	
19		9	
18		8	
17		7	
16		6	
15		5	
14		4	
13		3	
12		2	
11		1	

About Horses

1. **Bigger than a man**
2. Live on land
3. **Have teeth**
4. May have spots
5. **Have hair not fur**
6. Can run fast
7. **Eat plants**
8. Can be good companions and help with farm work
9. **Colors are black, brown & white**
10. Native to North America and bred for racing, riding, and farm works



Photo credit - ArtHouse Studio

Virtual Matching Game



Drive Old Cars

10



30



0:13:31

The PowerPoint matches physical cards Ben has.
Mom directs his attention to the screen.



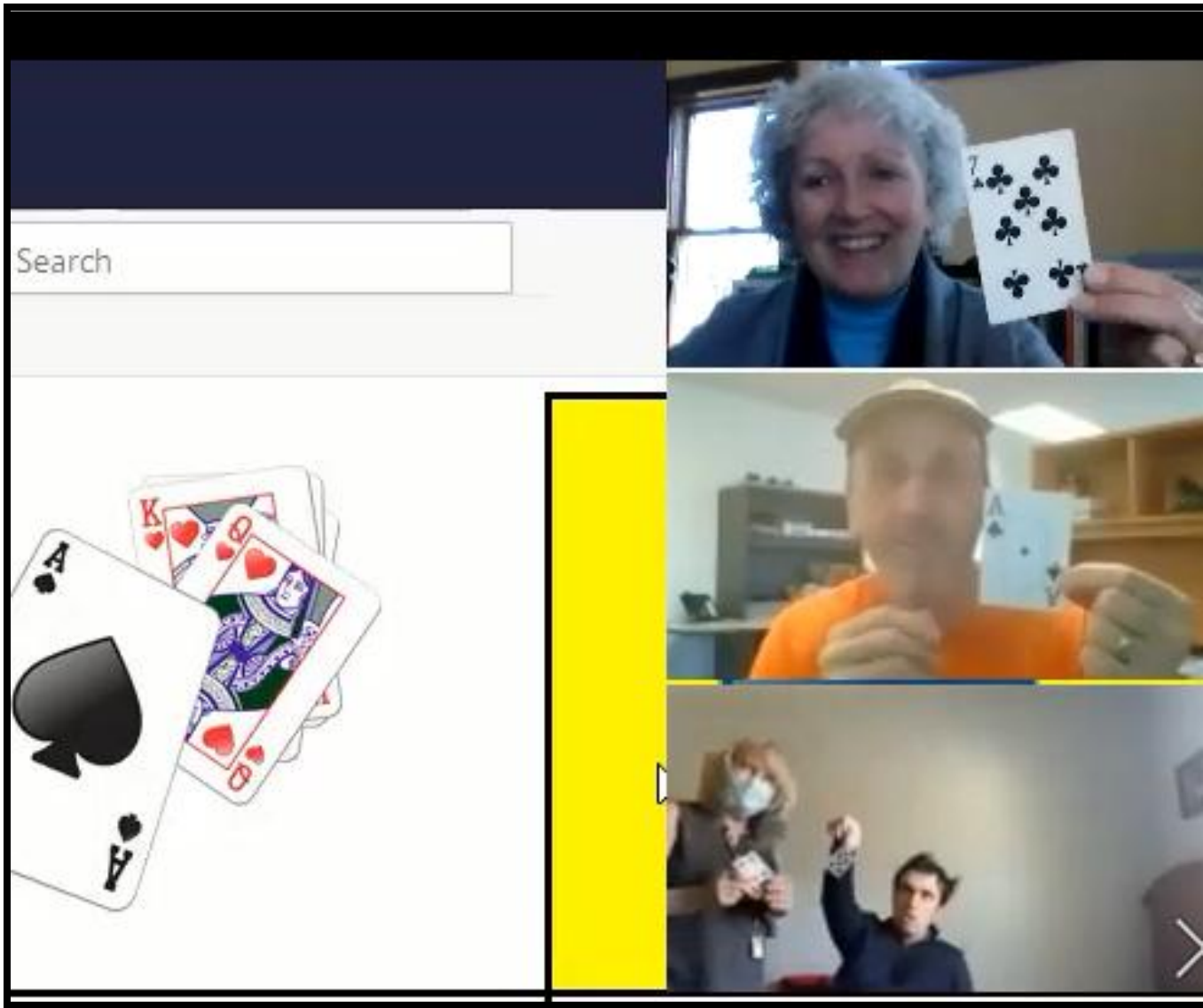
Found it! (Independently)
Mom helps Ben hold it up so I can see his card.

Combination Digital & Physical Card Game

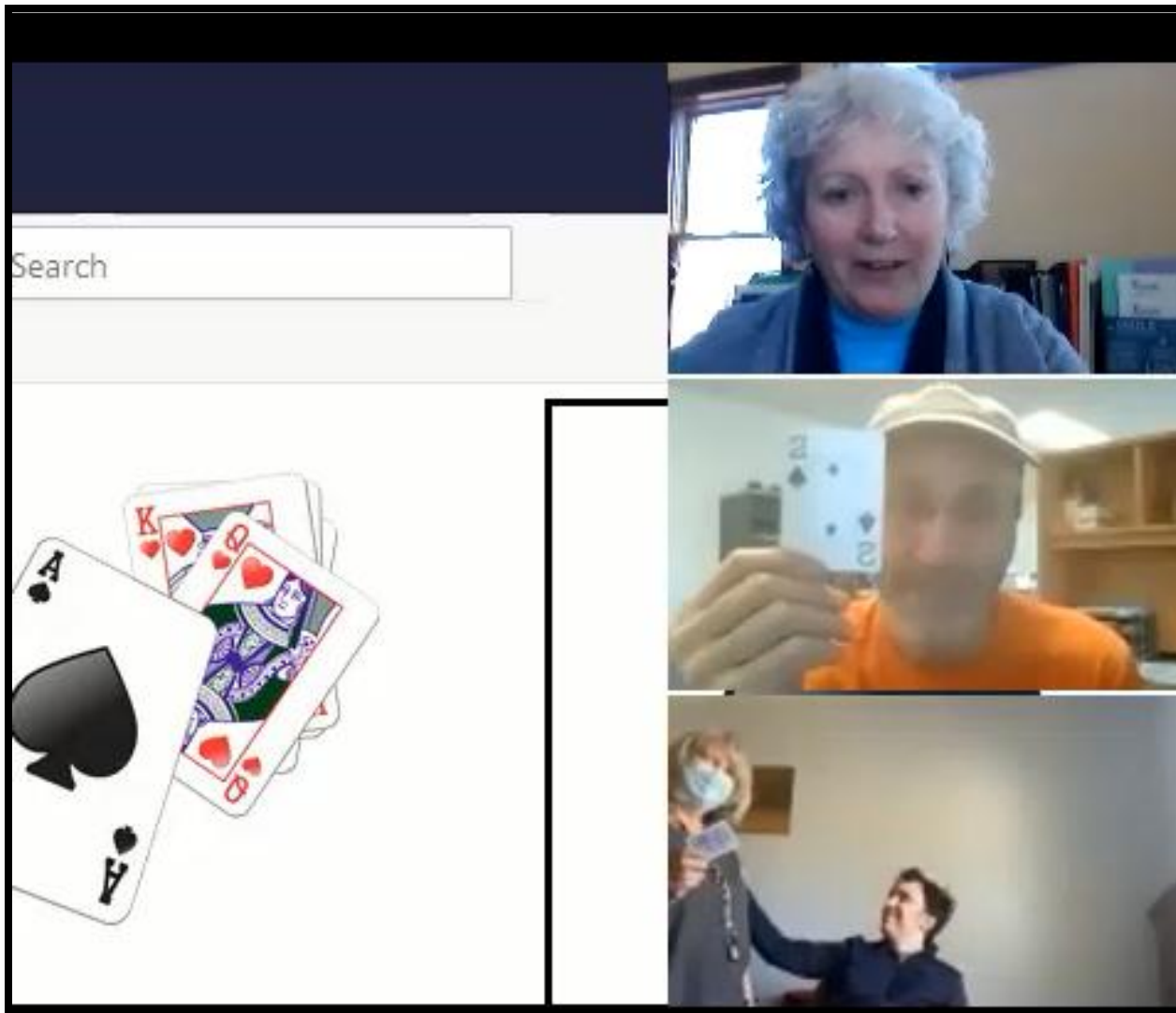
The screenshot shows a web browser window with the following elements:

- Browser Tabs:** 'Inbox (9) - inclusive@gmail.co', 'DIS-CARD I - d.e.guendel@gmail.com', 'DIS-CARD I'.
- Address Bar:** 'https://wdya.github.io/discard1/'
- Game Title:** 'DIS-CARD I' with 'How to play', 'Play again', and 'Keep score' buttons.
- Game Categories:**
 - Any heart:** Red heart icon, 2 checked boxes.
 - Any diamond:** Red diamond icon, 1 checked box.
 - Any number card:** Ace of Spades and 4 of Diamonds, 1 checked box.
 - Any face card:** King of Hearts and Queen of Spades, 2 checked boxes.
 - Any spade:** Black spade icon, 1 checked box.
 - Any club:** Black club icon, 0 checked boxes.
- Video Player:** Shows a woman holding a card. Timestamp: 0:04:50. Total duration: 0:16:21.
- Footer:** InclusiveGames logo, Copyright 2021 Diane Guendel, Programming credit: Olivia Brennan.

Initially, Mom and I practiced the game with Ben.



And then we got Dad in on the game.



Remembering our priorities of fun and personal connections.
Ben's enjoying his mom & dad's company!

Abby and Carabelle, 4th graders, play DIS-CARD II.

The screenshot displays a Zoom meeting window with a browser tab open to <https://wdya.github.io/discard2/>. The browser's address bar shows the URL and a search bar. The Zoom interface shows a central video feed with three participants: a woman and two girls. The game interface is a grid of 10 categories, each with a description, a visual aid, and two checkboxes for correct/incorrect answers.

Category	Description	Visual Aid	Correct	Incorrect
Any <u>diamond</u>			<input type="checkbox"/>	<input type="checkbox"/>
Any <u>heart</u>			<input checked="" type="checkbox"/>	<input type="checkbox"/>
Any card <u>less than 7</u> (plus aces) <7		A 2 3 4 5 6	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Any card <u>greater than 6</u> (plus face cards) >6		7 8 9 10 + J Q K	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Any <u>red</u> card			<input type="checkbox"/>	<input type="checkbox"/>
Any <u>odd number</u> card (includes ace) A 3 5 7 9			<input checked="" type="checkbox"/>	<input type="checkbox"/>
Any <u>club</u>			<input checked="" type="checkbox"/>	<input type="checkbox"/>
Any <u>spade</u>			<input type="checkbox"/>	<input type="checkbox"/>
Any <u>face</u> card J Q K			<input checked="" type="checkbox"/>	<input type="checkbox"/>
Any <u>number</u> card A 2 3 4 5 6 7 8 9 10			<input type="checkbox"/>	<input type="checkbox"/>
Any <u>even number</u> card 2 4 6 8 10			<input type="checkbox"/>	<input type="checkbox"/>
Any <u>black</u> card			<input type="checkbox"/>	<input type="checkbox"/>

The Zoom meeting controls at the bottom show a timer of 0:10:51 and a video icon that is turned off. The taskbar at the bottom shows several open applications: DIS-CARD II, Play 20 QUESTIONS..., Wildlife Detective.p..., and Pictionary on Zoo... The system tray shows the time as 7:54 PM on 4/6/2021.

Playing 20 Questions with a Visual Guide

Some questions to ask...

- Is it bigger than an iPad? A man?
- Does it live in water?
- Does it have teeth?
- Does it have stripes or spots?
- Does it have wings? Scales? Fur?
- Does it fly? Swim? Hop? Run fast?
- Does it have legs?
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An animal

I have a question...



20	✓	10	
19	⊞	9	
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14		4	
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12		2	
11		1	

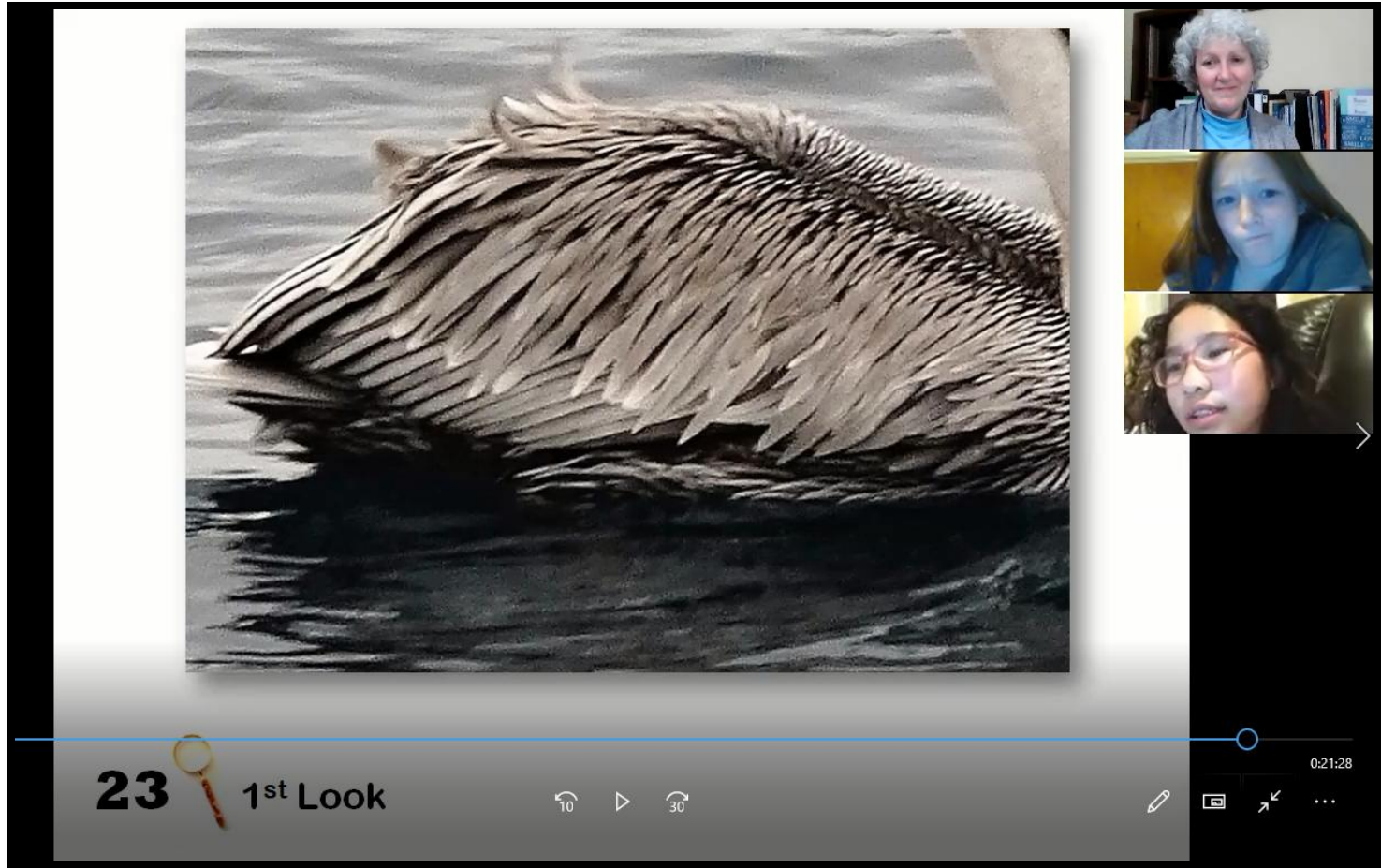


0:22:02

If using Zoom, there is a check-mark stamp under 'Annotate'

Animal Detective

“What’s this animal?”



To create, each student in a class could contribute an animal or two. Students could then become the facilitators and play the game with others.



23



pelican



“And what’s this?”



18



1st Look

10

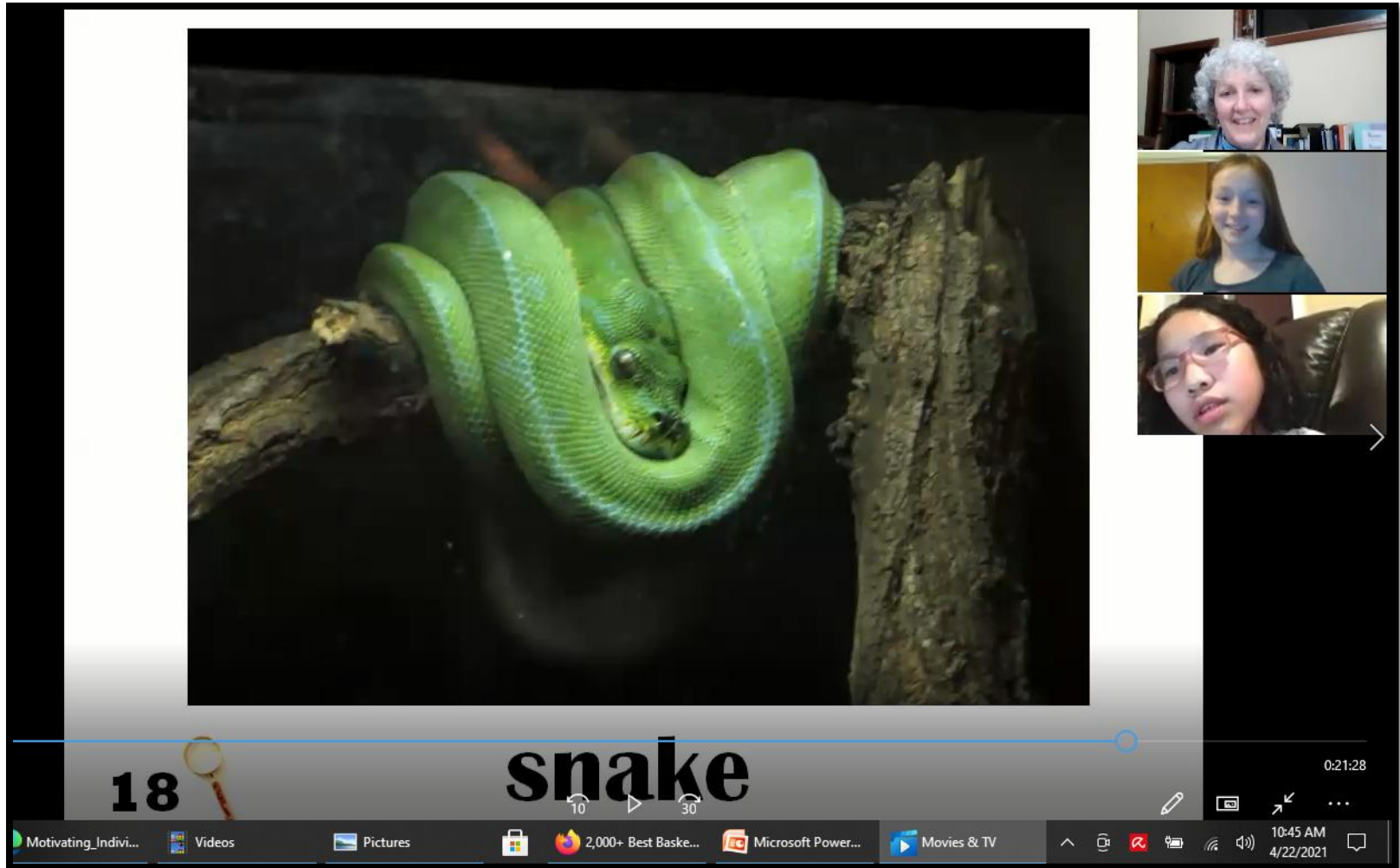


30



0:07:06

Opportunity for sharing and getting to know one another.



The image is a screenshot of a video call. The main window displays a video of a vibrant green tree python coiled around a dark, textured branch. The snake's head is visible, looking towards the camera. To the right of the main video, there are three smaller video thumbnails stacked vertically. The top thumbnail shows an older woman with short, curly white hair, smiling. The middle thumbnail shows a young woman with long brown hair, also smiling. The bottom thumbnail shows a young woman with dark hair and glasses, looking slightly to the side. Below the main video, there is a search bar with the word "snake" entered. To the left of the search bar, the number "18" is displayed next to a magnifying glass icon. Below the search bar, there is a taskbar with several application icons: "Motivating_Indivi...", "Videos", "Pictures", a shopping cart icon, "2,000+ Best Bask...", "Microsoft Power...", and "Movies & TV". The system tray in the bottom right corner shows the time "10:45 AM" and the date "4/22/2021".

Abby, a fan of snakes, shared her feelings and some facts while Carabelle listened. (New info...It's a green tree python!)



18



snake



0:21:28



Then Carabelle shared her feelings—not a fan of snakes—while Abby listened.

**“We don’t stop playing because
we grow old;
we grow old because we stop playing.”**

— George Bernard Shaw




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