



Virtual recess

Kids can create a kinder, more inclusive world.

For kids who are learning from home and practicing safe social distancing, there are still plenty of ways to stay engaged with your classmates, friends and peers. Host a “virtual recess” – here are some ideas from all of us at Autism Speaks! If you share your virtual recess on social media, make sure to tag [@autismspeaks](#) and use [#KindnessCounts](#) to join the kindness conversation. And don’t forget that one easy activity to spread kindness in your community is simply taking the pledge at autismspeaks.org/kindness.

Idea 1

Create a sensory path or obstacle course with chalk on your sidewalk, driveway, patio or parking lot. Here is a [fun example](#) to get you thinking.

Idea 2

Have your children perform an “Act of Kindness” for a neighbor, friend or family member while practicing social distancing. Use or share the Kindness Break Lesson Plan for [elementary](#) or [middle/high-school](#) children for more ideas.

Idea 3

Have your children create homemade face masks to use or donate to the local community. It’s easy to find instructions on YouTube, and here are some links to get you started:

- [No sew instructions](#)
- [Pattern ideas](#)
- [Sewn mask instructions](#)

Idea 4

Reach out to your community’s local Alpha Xi Delta chapter, and invite women to read children’s stories live or recorded, which can be shared on social media for story time!

Idea 5

Have your children complete a time capsule activity, and post videos or pictures on your social channels.

Idea 6

Host a family brainstorm to come up with an Autism Speaks Walk family team name, and register for the Walk in your community at autismspeakswalk.org. (Please note – don’t see a date for your community’s walk? Keep checking back as we’re updating our calendar in real time!)