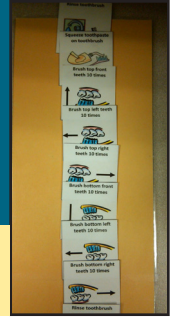


Strategy at Work

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>)

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>)



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

select option "0"

To Make:

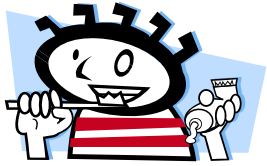
1. Select the schedule that meets the needs of the individual.
2. Modify the schedule, if needed (e.g., making steps more specific).
3. Print out the schedule.
4. Laminate the schedule
5. Cut out steps and place on a velcroed board, if needed (for pull-off schedules).


Christian Sarkine
Autism Treatment Center












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

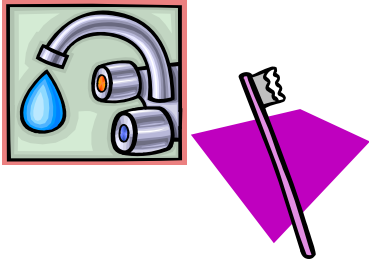
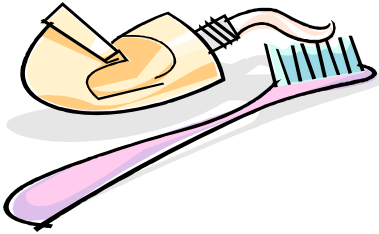






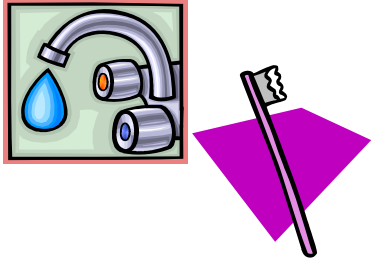

Materials provided are samples only!
They may need to be individualized to meet the particular needs of a person with an ASD!



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 
- Brush bottom left teeth 10 times 
- Brush bottom right teeth 10 times 
- Rinse toothbrush 
- Rinse mouth 
- Wipe mouth 

Finished!

<p>Rinse toothbrush</p> 	<p>Squeeze toothpaste on toothbrush</p> 	<p>Brush top front teeth 10 times</p> 
<p>Brush top left teeth 10 times</p> 	<p>Brush top right teeth 10 times</p> 	<p>Brush bottom front teeth 10 times</p> 
<p>Brush bottom left teeth 10 times</p> 	<p>Brush bottom right teeth 10 times</p> 	<p>Rinse toothbrush</p> 
<p>Rinse mouth</p> 	<p>Wipe mouth</p> 