

READY, TELE, GO

Family-Centred Telepractice

Ideas and Resources

Here are some ideas and resources suggested by practitioners all over Australia. Remember that whatever toys and resources the child and family have, or can access in the home, is always your place to start. Also, remember that just because it's exciting, high-tech, and you love it, it doesn't mean it's right for the child or family. Always start with a child and family's digital access and literacy and go from there. Above all else, be creative, innovative and have fun!

Movement	Mode	Example
Movements break using videos	Screen sharing Videos	Crossing midline songs
Movement breaks using visual supports	Screen sharing visual support	PowerPoint schedule Yoga cards Spinner for turn taking
Movement break using body only	Cameras on	Animal walks, Dancing, Yoga, bouncing, star jumps, encouraging claps, high 5s, doing noises/ actions of animals
Movement break using games	Cameras on	Treasure hunt where a child can find something in the room/house and bring it back
Physical exercises using equipment	Cameras on	Fit balls, Bosu, court markers, scooter boards, gym mat, big foam dice for kicking games, foam balance beams.
Guided Yoga	Screen sharing Videos	Cosmic kids yoga
Guided Dance and physical activity	Screen sharing Videos	GoNoodle

Online teaching resources	Mode	Example
Websites that host a range of lesson plans, video models, games, worksheets, and activities. Some resources are free; most have fee-based subscription	Website downloads Screen sharing website	Twinkl Ultimate speech Everyday speech Education.com Teacher Pay Teachers AAC Language Lab Bamboozle Mental Up The Inspired Treehouse
Online books and stories Libraries of storybooks with animation, read-aloud narration, music and sound, and read-along text. Fee for subscription	Screen sharing website	VOOKS books EPIC books
Emotions flashcards		Do2Learn Emotions cards
Story Starters A website where a spinner will help you develop a storyline based on adventure, sci-fi, or fantasy	Screen sharing website	Scholastic Story Starters
Videos to further explain and demonstrate what we are trying to achieve with a technique	Screen sharing videos	Tom's toilet time video Positioning a child from sitting to high kneeling.

Online games	Mode	Example
Online websites featuring a range of videos, activities and games to play, including connect 4, snakes and ladders, memory, guess who, uno, jigsaws	Screen sharing website	Pink Oatmeal Growing Little Brains ABC Ya ABC Kids PBS kids CBC Kids Pink Cat Games Toy Theatre
Wheel spinners	Screen sharing website	Pokemon Spinner Name Picker Sight words
Toca Boca Apps	Screen sharing website	Toca Boca

Physical (non-virtual) activities	Mode	Example
Tabletop activities	Cameras on	Playdough and Theraputty, Lego, Sensory toys
Boardgames	Cameras on	Pictionary Scattergories
Drawing activities	Cameras on	Hangman, Tic tac toe, Chalk drawing Pre-sent drawing sheet Blind drawing (where one person describes what to draw and the other person has to follow the instructions)
Interactive activities	Cameras on	Simon says, Quiz questions, Twenty questions Role play with toys and puppets, Shop play, Props for stories, Show and tell, Charades, I spy, Dress ups
Craft and creative activities	Cameras on	Paper planes, Musical instruments, Cooking together, Dancing

Adapting visuals	Mode	Example
Creating social stories	Screen sharing	Microsoft PowerPoint and Word Storyboardthat.com
Creating visual schedules, setting up session rules, targeting speech sounds	Screen sharing	Lessonpix Boardmaker Canva Insert into Microsoft PowerPoint or Word
Cognitive Behaviour Therapy worksheets	Screen sharing	Microsoft Word
Creating online learning activities	Screen sharing	Boom cards
Workshops and webinars	Screen sharing	Microsoft PowerPoint
Thought bubbles	Screen sharing	Microsoft PowerPoint and Word
Brainstorming ideas	Screen sharing	Jamboard
Classroom timers	Screen sharing	Website timers and device timers
Zones of Regulation visuals	Screen sharing	Created in or inserted into Microsoft PowerPoint and Word
"Virtual therapy room" in a document with links to all online resources, games, YouTube videos, documents	Screen sharing	Microsoft PowerPoint or Word

Other VC features	Mode	Example
Whiteboards	Screen sharing	Drawing games Visual schedules Social scripts
Annotation	Screen sharing	Online worksheets
Share control of screen	Screen sharing	Write answers, drawing games e.g. Mr Squiggle, hangman, colouring pictures
Logging in with two devices to support programs	Screen sharing	Using iPad apps Positioning programs