

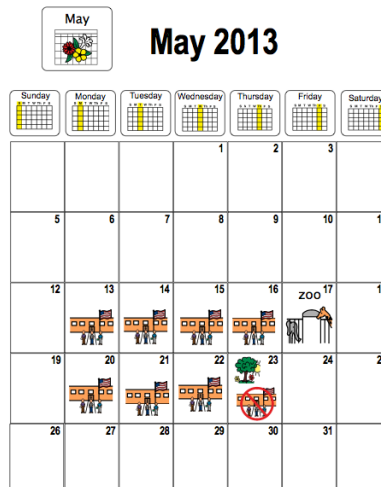
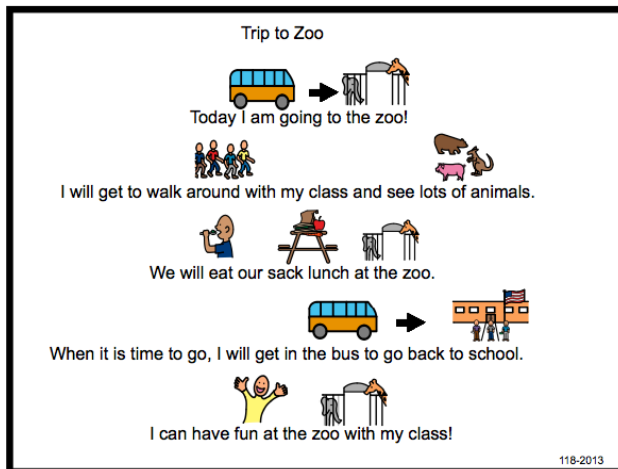


Structuring Field Trips for Students with Autism Spectrum Disorders

Field trips can be educational and exciting for students. However, for children on the autism spectrum, field trips mean a change in schedule and a change in routine. Changes in schedule and environments can be overwhelming, over stimulating and confusing for some students. Here are some simple tips to help prepare students with autism for field trips.


Prior to the field trip:

- If available, get a brochure or print information from the website. This might include pictures of what the student may see on the field trip, special rules, etc.
- A few days beforehand, allow the student to visit the destination’s website. Some websites have virtual tours.
- Write a social narrative or storybook describing what the student may experience on the field trip.
- Prepare a “travel bag” for the student, which can include fidget items, special diet items for lunch, etc.
- Prepare for sensory issues such as sunglasses, hats, sunscreen, bug repellent wipes, etc.
- Provide the student with a disposable camera. On the camera, place a label that contains phone numbers and addresses.
- Create a daily calendar so the students can visually see how many days before the field trip.
- Starting a week prior to the trip, on a daily basis, revisit calendar, social narrative, etc. to prepare the student.
- Have all students make a field trip necklace or wrist band that contains school information, contact numbers, etc. to wear on the field trip.




The day of the field trip:


- Read social narrative/storybook.
- Review visual rules.
- Provide the student with a mini schedule.
- Remember to give the student transition countdowns.
- If the student is not accustomed to a bus ride, provide them with simple pictures of rules for the bus (walking feet, quiet voices, buckle up, etc.).
- Depending upon the student, assign him a “trip buddy”.



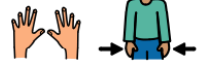
Bus Rules



Sit in seat.




Keep seat belt on.




Keep hands to self.

DAMON


bus




park





eat sack lunch



zoo









Paste Packet Here for Finished

After the field trip:

- Provide all students a way to communicate with their parents what they saw on the field trip and how they liked it.










Field Trip to the Zoo 

today




saw

Today at the zoo I saw...


| | | | | | |
|---|---|---|---|---|---|
| bears | sheep | Lions | Sea Lions | turtles | monkies |
|  |  |  |  |  |  |
| giraffes | tigers | hippo | | | |
|  |  |  | | | |

I had a


fun



okay



sad



day.