Preparing for the Holidays: Thanksgiving

As we prepare for Thanksgiving, it is important to minimize the holiday stressors, in order to maximize our ability to be thankful. To do this, we prepare individuals for the change in routine and schedule, for sensory challenges, and for communication needs.

Change in Routine
First, we prepare for the change in routine. To prepare for change, it is beneficial to use evidence-based practices, such as visual supports and social narratives.

Some examples of these strategies are available on the IRCA Visual Supports page. Customizing visuals and supports for individual needs is always recommended.

Thanksgiving Break Story
This social narrative explains time off from school due to Thanksgiving holiday and includes color icons depicting: weekdays, change, no school, Thanksgiving, home, and school. It can be used with "Blank Monthly Calendar" also found in this category on the visual supports page.

Today is Thanksgiving
This is a short social narrative to describe the Thanksgiving Day events that includes blanks to fill in to personalize text and color icons: Thanksgiving, turkey dinner, choose, and home.

Kristi A. Jordan, OTR/L
Research Associate & Educational Consultant
Indiana Resource Center for Autism
Indiana Institute on Disability and Community - Indiana University
1905 N Range Road
Bloomington, IN 47408
Phone: (812) 855-6508
Email: kriorja@indiana.edu
Web: www.iidc.indiana.edu/irca