

From Final Bell to First Day: Practical Home and School Strategies for Supporting a Strong Finish in Spring and Smooth Start in Fall for Children with Selective Mutism

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sma

SELECTIVE MUTISM
ASSOCIATION



Kids deserve the best.



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DISCLAIMERS



Growth/Needs are unique to each child

Steps should be adjusted to an appropriate level for each child

All steps forward are positive steps!

OUTLINE



End of Year Exposures



Celebrating Successes



Starting the Transition



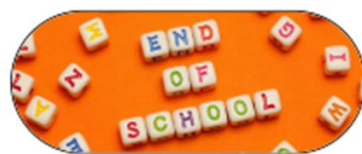
Summer!
(School Exposure Practice)



Fading Into the New School Year



End of School Year Checklist



SPRING REQUESTS

- Plan supports for special end-of-year activities (e.g., concerts, presentations, field trips)
- Set "Review of Year" team meeting
- Discuss transition with student
- Connect with new staff to provide introduction to SM, student, and the team
- Share paper and online resources with new staff
- Discuss opportunities for fade-ins with new staff
- Tour classroom(s) for next year

REVIEW OF YEAR MEETING

- Share progress monitoring data
- Review progress on goals
- Discuss what worked/successes
- Edit goals or set new goals
- Discuss improvements or edits to supports for next year
- Discuss expected start for year
- Engage in transition planning for fall
- Discuss summer school support plans if applicable

TRANSITION PLANNING

- Discuss when teacher(s) will be identified
- For identified staff/teachers, discuss possible summer connections for staff (e.g., in-person, virtual, recordings)
- Discuss if there are any classmates that would be beneficial to assign to same class for next year
- Determine if key staff on team will remain the same or change
- Determine how and when family will connect with staff in the summer and fall
- Discuss any resources to share with staff for next year and when to share

SUMMER NEXT STEPS

- Identify peers for summer playdates
- Identify ways to share further information (e.g., videos child could create, visit building during summer)
- Follow steps identified from transition planning for fall



Spring School Exposures

HIGHER LEVEL EXPOSURES



Asking Questions



Initiation



Advocacy



Presentations



Conversations

FUN SPRING EXPOSURE IDEAS



Recess

- Invite a friend to do chalk drawing
- Complete playground scavenger hunt
- Talking rules for outdoor game

Classroom

- Blooming name art
- “What I Did for Spring Break” presentation script
- Building bouquet partner activity

School

- Weather Survey
- Field Day Bingo
- Memory Hunt: 1 Year Together

RECESS EXPOSURES



Sentence Script:
“Do you want to
do chalk with
me?”



1. Call ball as “in” or “out”
2. Say “good game” at the end

CLASSROOM EXPOSURES



1. Write name on flower
2. Decorate fingers with things they like
3. Share in class



SPRING BREAK

Overall rating ☆☆☆☆☆

review

Name _____

I went to _____ I went with _____

May Favorite Activity was: _____

The weather was: _____



1. Ask a friend to be a partner
2. Choose 5 flowers to make
3. Ask partner for supplies

SCHOOL EXPOSURES



FIND SOMEONE WHO ...

Ask 20 people:
Do you like rain, sun, or snow most?

Find someone who ...	Numbers
likes rain most	
likes sun most	
likes snow most	

FIELD DAY BINGO

Say the color in ball toss	Ask a friend to be your partner	Tell teacher "Thank You"
Tell staff water or gatorade	Count off number for a team	Ask friend to play a new game
Count the number of buckets filled	Ask friend their favorite activity	Tell staff snack choice
Say "yell" in tag of war	Tell staff your popsicle flavor	Say Good Job
Give High Five	Say "yep" in ball toss	

End of Year SCHOOL MEMORIES HUNT

Find and share something to represent classroom memories from this school year

- Art Project From Art Class
- Music Piece from Music Class
- Favorite book from this year
- A class achievement
- An activity that made you laugh
- Something you learned in science
- A moment that challenged you



Acknowledging Growth!

Why Should We Acknowledge Growth?

"Success is the sum of small efforts, repeated day in and day out." – Robert Collier

"The expert in anything was once a beginner." – Helen Hayes

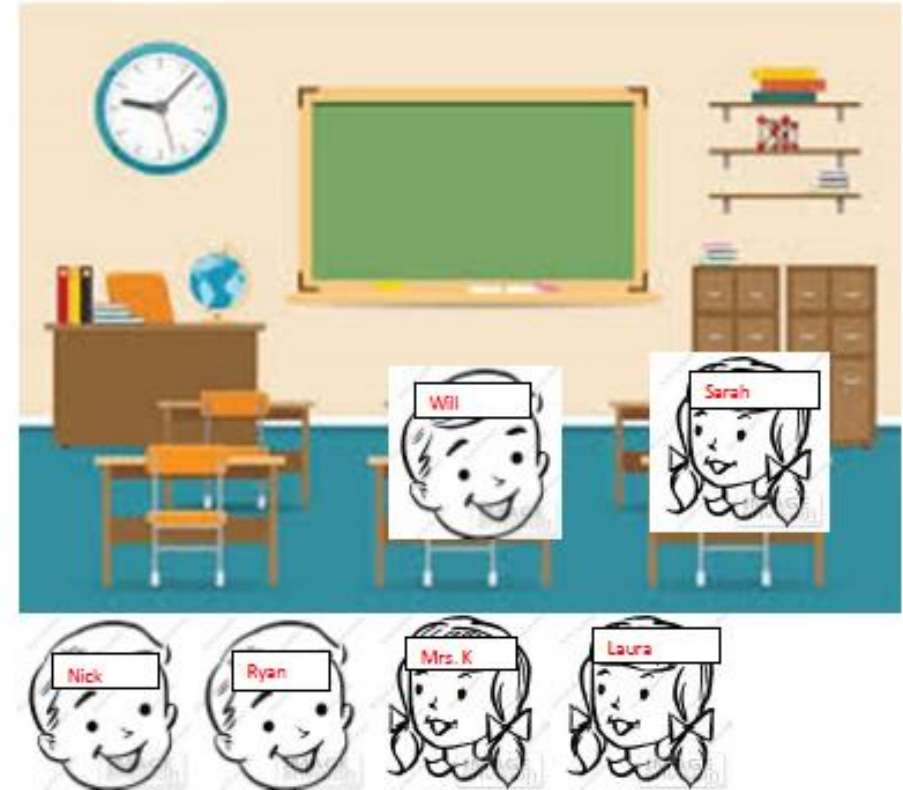
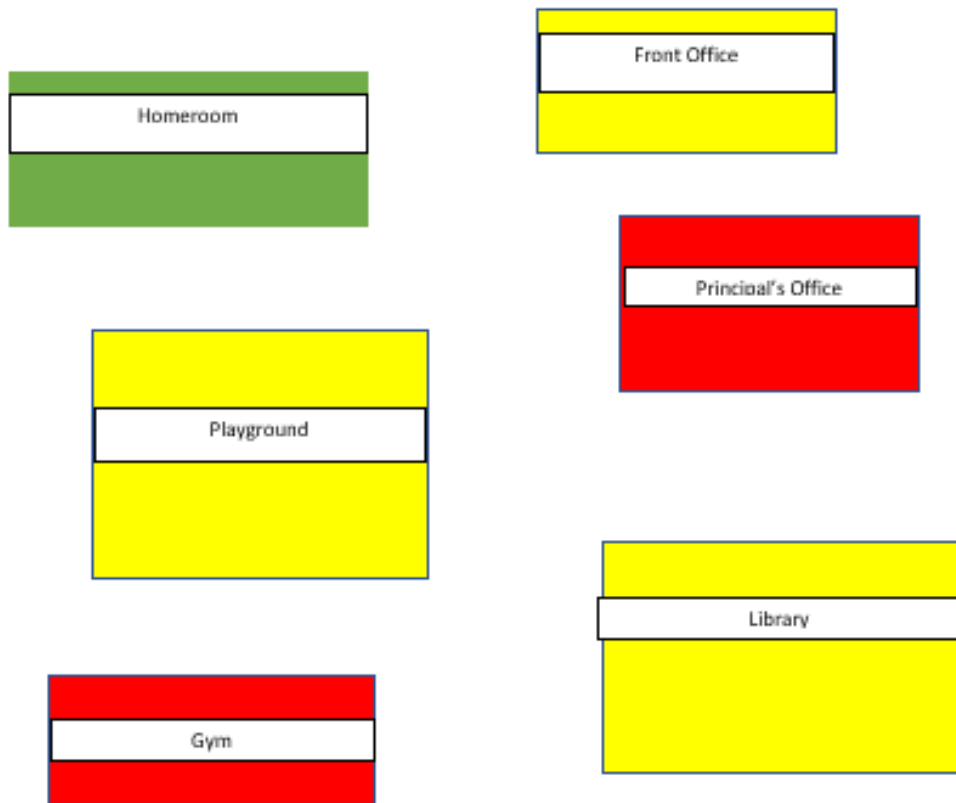
"Great things are done by a series of small things brought together." – Vincent van Gogh

"No matter what your ability is, effort is what ignites that ability and turns it into accomplishment." – Carol S. Dweck

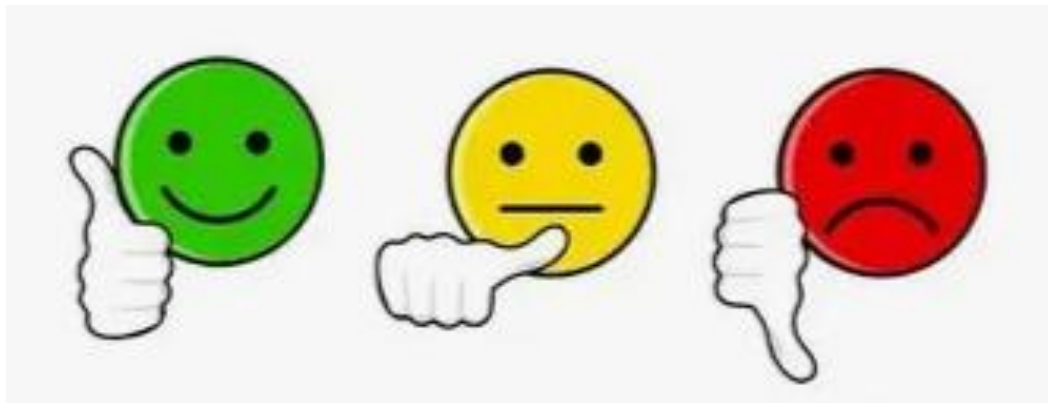


TALKING MAPS/GOAL TRACKING

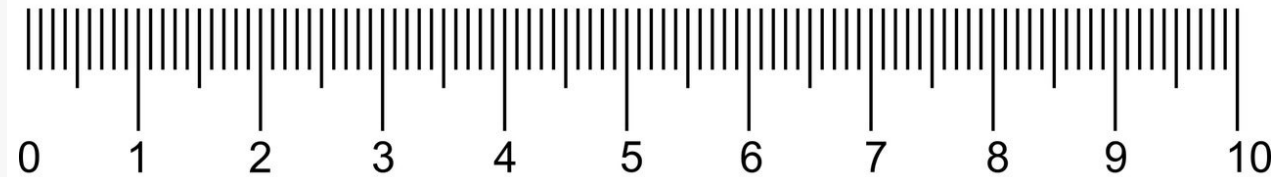
Example:



COMFORT RATING CHECKS

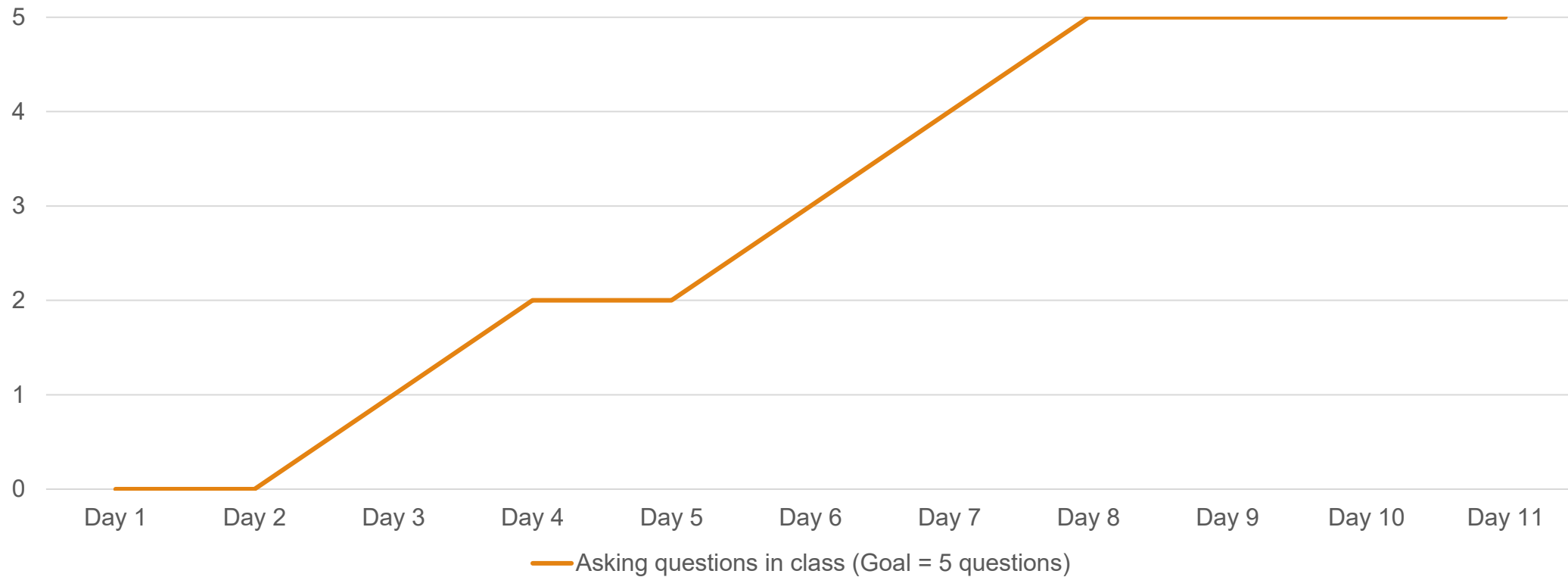


Bravery Scale



Tracking Progress

Asking questions in class (Goal = 5 questions)



Supporting Transition Planning

END OF SCHOOL YEAR MEETING

Can be formal (i.e.,
Annual IEP or 504
Meeting)

OR

Informal



Considerations with School Team

Reflections:

- Discuss Successes and Growth
- Tools/Supports that Were Effective

Planning:

- Discuss Adjustments for Next Year
- Identification of Teacher Early
- Identification of Changes to Support Staff
- Spring Fade-Ins
- Classroom Visits/Tours from Spring Through New School Year

Training:

- Sharing Resources(paper, online)
- Discussion of Ongoing Training

Summer Exposures to Prepare for School

Summer Activities

School Visits

- Logistics
- Frequency

Staff Connections

- Live Options
- Virtual Options
- Pre-Recorded Options

Peer Connections

- Target Peers
- Playdates

Transition Plan for Start of New School Year

- When To Reach Out
- Who To Contact
- What is Requested

School Visits During Summer



Activities



Staff Connections

In Person

- Not a Guarantee/Not Legally Required
- In School/Out of School Connecting Points

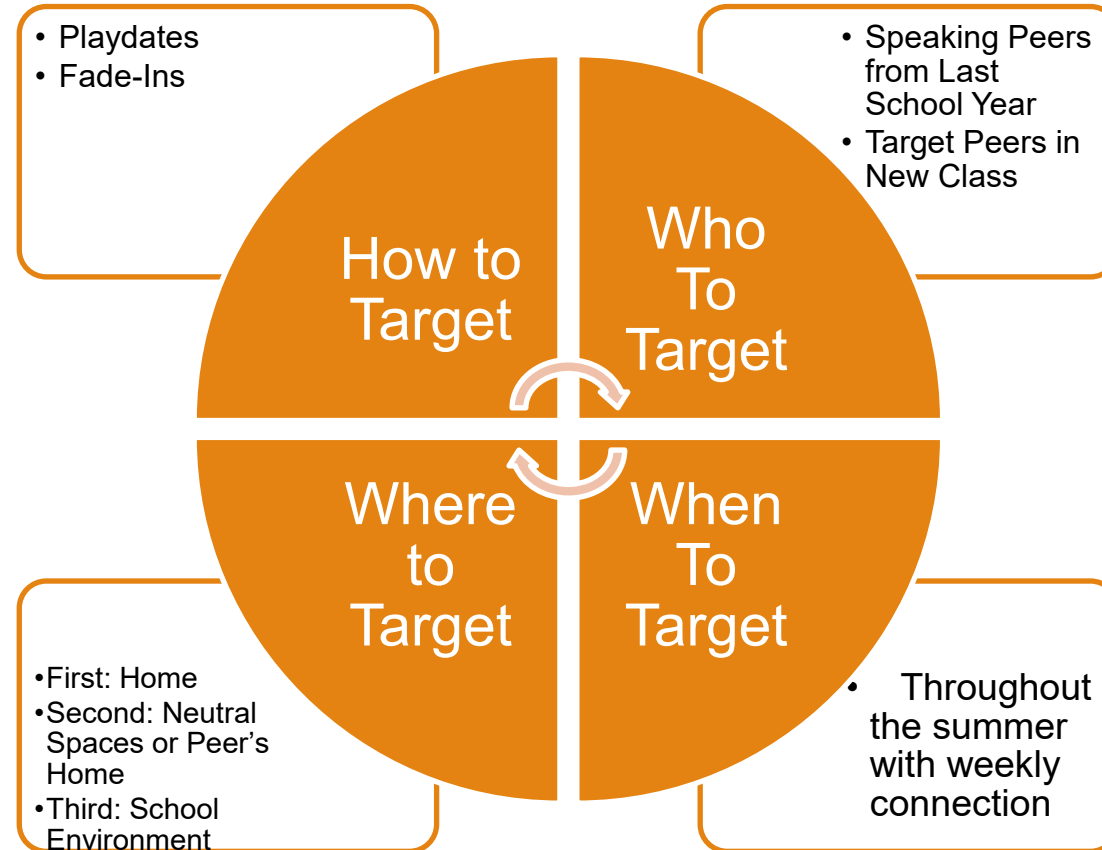
Virtual

- Virtual Fade-Ins
- Connecting via Game
- Sharing Videos

Pre-Recorded

- Pre-Recorded Video Questions to Watch
- Recording Responses Back
- Splicing Videos

Peer Connections



Fading In to the New School Year

Areas to Follow-Up with School Team

Training

- Options for Initial or Refresher Training
- Sharing Materials

Discuss

- Finalize Staff
- Discuss if there are Known Target Peers in Class
- Discuss Intervention Time vs. General Classroom Expectations

Plan

- Determine Options for Coming in Early
- Explore School Tour Options
- Determine Staff to Prioritize

Preparing for the Fade-In

School Communication

Discuss plan for fade-in

Review CDI/VDI and Fade-In Skills

Communication with Child

Building Bravery

What to Expect in School Visit

Brave Points Introduction

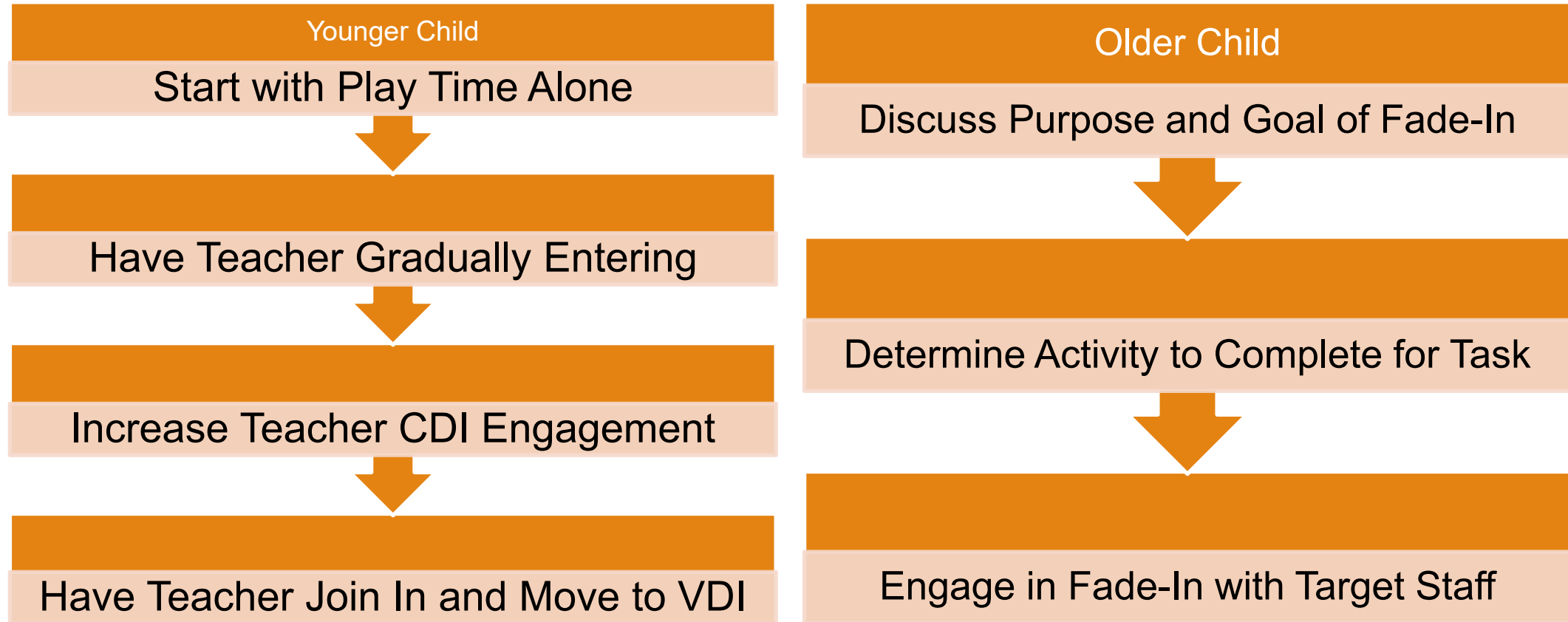
Personal Preparation

What to Bring

Plan B, C, and D

Your Own Self Care

Completing a Fade-In



Questions?
