





#### Introductions!

Name and location

Discipline (teacher, SLP, Admin, etc) and what ages you work with

Why are you here? What are you hoping to get out of this training?

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Teaching

# Workshop Overview

- Section 1: PLAY & Teaching PLAY Background
- Section 2: What is Teaching PLAY?
- Section 3: Teaching PLAY Model
- Section 4: The 7 Circles of Teaching PLAY
  - Functional Developmental Levels
- Teaching PLAY Implementation
- Section 5: PLAY School Environment Assessment

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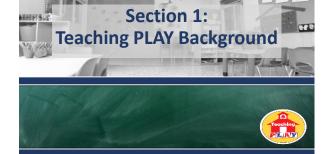


#### My goals for you today:

- Develop a new lens to understand children with autism
  - What is his/her profile? Based on this profile, what should my expectations be?
- Leave today's training with ideas to start implementing these strategies right away
- Feel inspired by videos and excited to try new ways of interacting with your students

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#### Mission & Vision

#### The PLAY Project's Mission

"To support families in having a joyous and playful relationship with their children with autism spectrum disorders so each child can reach his or her full potential."

#### **PLAY Project's Vision**

"To train a global network of pediatric professionals and child development experts to provide The PLAY Project's autism intervention program to as many families as needed.'

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#### **PLAY Autism Intervention**

- Evidence-based, parent-mediated, home-based intensive early intervention.
- · Monthly home visit with mid-month written feedback.
- 7 Circles of PLAY: Principles and Method are the same as in Teaching PLAY
- · Videotaping central to the model.
- · Coaching, modeling, feedback
- · Many of the same elements for TP



#### Parent Implemented Interventions

- Developmental, relationship-based
- · Less costly, easily implemented
- · Recognized as evidence based by the National **Professional Development Center**
- Parents as the child's best play partner
- Uses natural environment of the home
- · Gain in hours of intervention by making every interaction count (Intensive = 15 hrs/week)

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#### The PLAY Project Motto

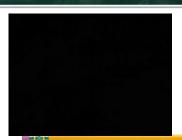
"When you do what the child loves, the child will love to be with you."

-Dr. Rick

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#### **PLAY Autism Intervention**





#### NIMH Randomized Controlled Trial

- 3 Year, \$1.85 Million
- Easter Seals & Michigan State University
- RCT, multi-site, blinded study
- 5 ES sites, 64 children per year x 2 years = 128
- · Largest study of its kind in US.
- Real world implementation
- Published: Journal of Developmental and Behavioral Pediatrics Oct, 2014

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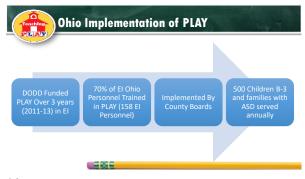


# Evidence for PLAY (October, 2014)

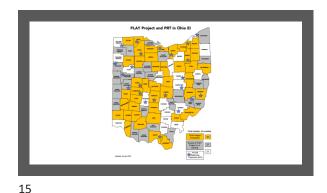
Results of the The PLAY Project Intervention:

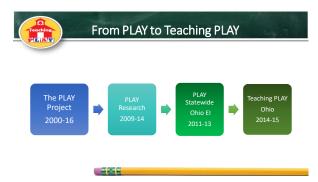
- 1. Consultants show fidelity to the model
- 2. PLAY parents interact with more skill.
- 3. PLAY parent do NOT suffer more stress and significantly reduced depression
- 4. PLAY children improve in their development
  - Better interaction
  - Better functional development
  - Less autism symptomatology

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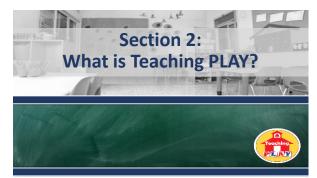


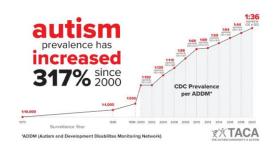
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#### **Autism Information**

- About 1 percent of the world population has autism spectrum disorder.
- More than 3.5 million Americans live with an autism spectrum disorder.
- · ASD is about 4 times more common among boys than among girls (1 in 27 boys, 1 in 116 girls)
- ASD is reported to occur in all racial, ethnic, and socioeconomic groups.
- · Research indicates that genetics are involved in the vast majority of cases.
- Children born to older parents are at a higher risk for having autism.
- Parents who have a child with ASD have a 2 to 18 percent chance of having a second child who is also affected.
- \* Information found on Autism Speaks and CDC websites

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#### **Autism In The Schools**

- Autism on the rise, affecting school systems
- · More children with ASD in the classroom
- No standard protocol for intervention across diverse classroom environments
- Several Pedagogical Approaches to ASD: TEACCH, PECS, ABA, SCERTS

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DSM-5 criteria for **Autism** Spectrum Disorder Currently, or by history, must meet criteria A, B, C and D

- Persistent deficits in social communication and social interaction across contexts, not accounted for by general developmental delays, and manifested by all 3 of the following:
  - Deficits and social emotional reciprocity
  - Deficits in nonverbal communicative behaviors used for social interaction
- Deficits in developing and maintaining relationships Restricted, repetitive patterns of behavior, interests, or activities as manifested by at least two of the following:
- Stereotyped repetitive speech, motor movements, or use of objects
- excessive adherence to routines, ritualized patterns of verbal or nonverbal behavior, or excessive resistance to change
- highly restricted, fixated interests that are abnormal and intensity or focus  $% \left\{ 1,2,\ldots ,n\right\}$ hyper- or hypo- reactivity to sensory input or usual interest in sensory aspects of environment;
- C. Symptoms must be present in early childhood (but may not become fully manifested until social demands exceed limited capacities)
- Symptoms together limit and impair everyday functioning



#### What is Teaching PLAY (TP)?

A school staff training program, derived from The PLAY Project autism intervention program, re-designed for the preschool and kindergarten classroom setting

Focusing on increasing social engagement throughout the school day for children with ASD and/or other developmental delays

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#### **Teaching PLAY**

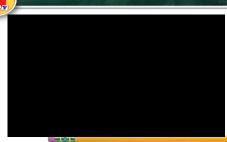
- Focuses on social INTERACTION, leading to learning readiness
- · Values fun, playfulness, and joy in learning
- Is NOT a curriculum, but a developmental lens to apply in any educational environment
- · Does NOT interfere with usual pre-school teaching practices

"Engagement leads to educational readiness."

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Tatum Before/After - Preschool



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# **Group Discussion**

- · What changes did you see in Tatum?
- What changes did you see in the Teaching staff?
- · What stood out to you in these videos?



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#### Why Teaching PLAY?

- Children with autism learn differently
- both from typical children
- and from children with cognitive impairments
- Fundamental lack of social communication and compliance due to...
- Poor functional skills
  - Attention and engagement
  - Poor initiation
  - Poor problem solving
  - Lack of symbolic thinking

Teaching

#### Why Teaching PLAY?

Often when schools focus on traditional academic content, children with ASD:

- Have poor compliance
- Do not achieve IEP goals
- · Get frustrated and often misbehave
- IEP becomes a source of disappointment for both schools and parents

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## Why Teaching PLAY?

If we don't address the core deficit of Social Impairment—
Children with ASD
WILL NOT LEARN AS WELL
Teaching PLAY focuses on social functioning

Why Teaching PLAY?

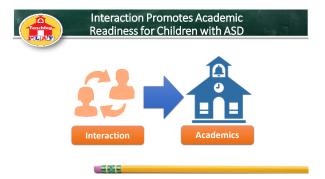
Better
Outcomes

Better
Functioning

Less Stress

More Fun

29 30













# **BRAIN BREAK!** The Crab

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Teaching PLAY Model

- Initial Teaching PLAY workshop full day
- 6 half-day classroom visits coaching, modeling, feedback
- 1st in-service watch video from 1st visit and create child profile as a team
- Final in-service reflect on the year and plan for the following year
- Assessments: PLAY School Environment Assessment, Greenspan S/E growth chart, Functional Developmental Level percentages

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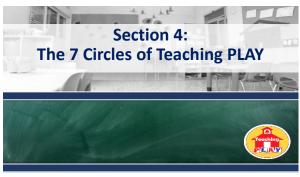
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Small Group Discussion

- Did you see progress in Solon over the 3 years?
  - Toddler Room (8 children, under 3 yrs old)
  - Transition Room (IEP, 8 children all on IEPs)
  - Preschool Classroom (16 children, 8 on IEPs, 2 Peer models, 6 Head Start)
- Did anything stand out to you about the teaching staff (Teachers, assistants, OT, PT, SLP, Me) who were in the videos? What were their interactions like? What did they do that was effective?

Solen Before/After (2017-2020)

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43 44

#### 7 Circles of Teaching PLAY



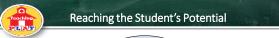
Teaching

# Circle 1: 4 Principles

- Fun with people—Doing what the child loves
- Put in the time—2 hours per day broken up into 15-20 minute sessions ("intensity")
  - Schools: Make every interaction a good interaction
  - Contributes to 'intensity' esp. if parents doing it too
- Accurately profile the child in terms of their Comfort Zone, Sensory-Motor Profile & Functional Developmental Levels
- Based on child's profile, play at the right level

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Teaching

#### Coltrane – Intentional Interactions and FUN



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# **PLAY Methods**

- 1. Read the child's cues to find out what he/she wants
- 2. Slow the pace of play, **observe and wait** for the child's idea
- 3. Follow the child's idea/intention, responding to what the child wants
- 4. Open and close **circles of communication** (back and forth interactions)
- 5. Build on the child's interests

Teaching 13 Follows

**Reading Subtle Cues** 





#### Slow down and wait (giving Janet a "chance" to communicate)





Following Kayden's Lead

51 52



# Why follow the child's lead?

- · Connects with the child's feeling life
- Improves the relationship
- Increases engagement
- Leads to meaningful learning
- Reduces self-isolation
- Helps child become independent thinker and problem-solver

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## Leading vs. Following

- Prompt vs. 'Woo'
- Lead vs. Follow
- Prescribed vs. Open ended
- Compliance vs. Engagement
- Behavioral vs. Functional Development
- Educational Goals vs Relationship Goals

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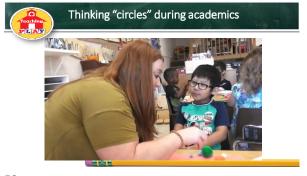
#### **PLAY Methods: Circles**

#### **Circles of Communication**

- The basic unit of interaction engagement
- "Responsiveness"/Span of engagement vs. "Perseveration"/Span of disengagement
- Opening (initiating) and Closing (responding)
- Main task of interaction to increase engagement: the number and quality (higher FDLs) of connected circles















#### PLAY Methods: How It Looks

- Face to face
- · Pay attention to the child's attention and intention
- · Slow your pace and rhythm
- Silence is OK. Wait!!
- · Think 'circles'
- · Extend circles, go for 'flow'
- Expand on the child's idea using theme and variation
- · Use high affect to promote engagement

**EEE** 

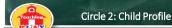
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#### 7 Circles of Teaching PLAY



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- Consists of:
  - √ Comfort Zone
  - **✓ Sensory Motor Profile**
  - **√** Functional Developmental Levels

**BRAIN BREAK!** 

**Ear & Nose Switch** 

 Provides the basis for individualized PLAY Plan

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#2

# Teaching

#### The "Rabbit Hole"

- The "Rabbit Hole" is our metaphor for the self isolation caused by the perseverative, repetitive, restrictive, and stereotypical behaviors characteristically exhibited by children with autism spectrum disorders.
- When children are in their "rabbit hole," it seems like they don't want to be part of the world.
- Perseverative and stereotypical behaviors are not "bad." They are a form of comfort that the child uses to keep their world familiar and safe. In the PLAY Project, we call these behaviors Comfort Zone (CZ) activities.

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#### Comfort Zone

- CZ activities help the child to regulate (self-calm) in a chaotic world; however, they may become habits which keeps the child isolated (i.e. in their "rabbit hole").
- · 'Joining' a child in their CZ allows for engagement (FDL 2) and as engagement increases, the perseverative and repetitive behaviors naturally decrease. This is the goal of the "Rabbit Hole" Techniques
- Comfort Zones:
  - · What the child with ASD will do when left alone
  - Focused on repetitive interests
  - Often in their own world, not 'with us'

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- Laying down and watching wheels on cars/trains, etc
- Counting, letters/numbers
- Puzzles
- Water play/watching water
- Watching blinds/edges/ spinning things
- Watching Paw Patrol, Thomas, etc
- Playing on the iPad/tablet
- Flipping through books
- Holding objects in his/her hands
- Humming/making noises
- Deep pressure/spinning/swinging

Running back and forth, wandering CERE.

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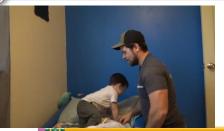
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#### Circle 2: Sensory Motor Profile

- The unique way a child experiences the world through the various sensory modalities and movement.
- Self regulation: The ability (or inability!) to stay calm and attentive (i.e. regulated) during social interactions
- How can we use the child's sensory motor profile to support regulation (FDL 1) and promote engagement and interaction (FDL 2 &3)? What do we need to do more of? Less of?
- · A child's sensory behaviors shows you what their body is seeking/needing in the moment. Observe the child to see what kind of input they are seeking. How can you insert yourself or provide this input?



#### Charlie – following his intentions



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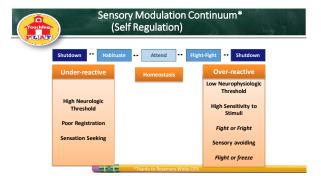
## A child's ability to process & interpret:

- 1. Visual sights around them. Often the hardest to join. Avoid bright lights/screens (hard to compete!)
- 2. Auditory -sounds around them. Music? Silly sounds? Loud vs. Soft. Hums?
- 3. Gustatory tastes (e.g. food/drink).
- 4. Olfactory smells
- 5. Tactile touch (i.e. the feeling of objects, etc.). Avoid textures/clothing? Like sand or water play? Messy play? Tickles?
- 6. Proprioceptive input through their muscles & joints. Like deep pressure? Crashing into things, jumping, banging on items?
- 7. Vestibular where they are located in space. Body movement spinning, swinging. Like upside-down?

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LUNCH!

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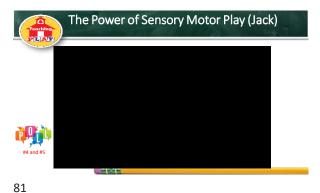


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Jeremiah - revving him up

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- bin play and PlayDoh.
- Think about the child's WHOLE body. Observe the child what are they doing? What type of input are they seeking? How can you help provide this input?
- In schools, we are typically hands-off children unless we are trying to get them to do something/take them somewhere. Explore touch in a way that you are comfortable with and try to build moments of connection. For example, tickles, high-fives, deep pressure, moving their arms to songs, etc. As always, read the child's cues.
- · Connect with your OT and explore activities that can be done within the classroom.



Circle 2: **Functional Developmental Levels** 

- Greenspan and Weider DIR Theoretical Framework
- · Functional emotional development how a child functions in relationships
- · Based on typical child development
- Measures social-emotional milestones
- Functional developmental stage vs chronological age

83 84



- functional levels
- Prevent them from functioning at higher abstract levels.
- If the child is 'holey' we must repair the holes.
- Developmental 'ladder'
  - · Move up and down the ladder as needed.
- · Follow the child
- Rate each FDL: 0-25% (some), 25-50% (some-half), 50-75% (half-most) 75-100% (most-all)

CERE.

Circle 2: 6 Functional Developmental Levels Shared Attention & Self-regulation (FDL 1) Engagement (FDL 2) Two way Communication(FDL 3) Complex two-way Communication (FDL 4) Shared Meanings & Symbolic Play (FDL 5) **Emotional Thinking (FDL 6)** on Developmental, Individualized, Relationship-based (DIR) Model, Greenspan & Weider

85 86



#### Functional Developmental Level 1

Self Regulation & Shared Attention (Begins birth to 3 months)

- Can remain calm and regulated enough to share attention with people.
  - Can sustain brief episodes of interaction.
- Regulation derailed by Comfort Zone activities.
  - Stimming, scripting, lining up, etc. remove attention
- When you see CZ, child has holes in FDL 1 • Key Question: How much is the child with us?
- Where is the child's attention? What is the child's intention?
- Use 'The Rabbit Hole Techniques' to join the child at FDL 1

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# Functional Developmental Level 2

Engagement & Relating (Begins between 2-7 months)

- · More sustained attention = engagement
- You call to them and they look. Circles begin!!
- Peek a boo is the classic FDL 2 game
- Key Question: How easy is it to engage the child?
- This is the 'sweat' level. The parent/professional has to do the work (i.e. sweat) to keep the child engaged
- Hard to follow lead but you can! (See Rabbit Hole Techniques)
- · Watch out for visual activities.
- Use 'Comfort Zone' technique. CERE.

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#### Functional Developmental Level 3

Two Way Communication & Intentionality (Begins between 3-10 months)

- Opening and closing of 3-5+ circles.
- Key activities: Simple cause and effect games.
- Key Question: Is the child initiating?
- We want to 'create a monster' (i.e. child won't leave you alone!)
- This is the 'wait' level. The parent/professional has to wait to see if the child will initiate (i.e. open circles)
- Beginning of understanding routines
- Beginning of first single words

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**Janet** 



#### IEP Goals for Level 1-3

- Child will remain calm and attentive without becoming absorbed in own world
- Child will turn to name consistently
- Child will stay engaged with familiar adult for increasing lengths of
- **Child will initiate interactions**
- Child will open and close up to 6 circles of with adults or peers
- Child will have fun with adults and peers in simple sensory motor

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#### Functional Developmental Level 4

Complex Two Way Communication, Social Problem-Solving & Mood Regulation (Begins between 9-18 months)

- · Problem solver! Has his/her own ideas.
- Gestural communication primarily with dozens of words.
- Opening and closing of 10-30 circles.
- · Simple pretend: Phone to ear. Cow says 'Moo'.
- . Much more 'with us'. Continuous flow of interaction
- Follows spontaneous 1 step commands: Go, get, give to. . .
- 'Little stories': 'Gets' meaningful sequences.
- · Parallel play with peers/sibs
- Feelings more and more organized EEEE

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#### IEP Goals for Level 4

- Child will sustain long connected interactions of 10-30 circles of communication in a continuous flow
- · Child will use gestures to communicate wants, needs, wishes, feelings, and intentions
- · Child will play simple pretend (e.g. car sounds, animal sounds, feed puppet, etc.)
- Child will use single words to express wants and needs
- · Child will problem solve simple problems (e.g. take hand of adult to fridge to get drink)

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#### Functional Developmental Level 5

Shared Meanings, Creating Symbols & Using Words and Ideas (Begins between 24-30 months)

- Major increase in receptive language and understanding
- One thematic pretend play with adults
- Mostly 1-2 word phrases
- What, Where, Who, Actions, Yes/No · Not Why, When, or Pronoun
- Continued parallel play with peers
- · Follows 2-3 step commands.
- · Manners emerging.
- · Sense of humor emerging
- Compliance: Starting to do what others want them to

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#### FDL 5: One Thematic PLAY

- Feeding dolls, puppets, animals. Simple tea party
- Cars, trains, trucks--going places
- Domestic
  - · Home: eating, sleeping, potty, watching tv, etc
  - · Going on a bus to school
- Being the doctor who uses a stethoscope, otoscope, etc
- Hide and seek--mostly seeking. Hiding is FDL VI!
- · Monster--I'm going to get you.
- Music games--March, march, march.
- · Opposites: Stop, go. Light on/light off.
- Humorous games: 'Don't wake up Daddy!'



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## Functional Developmental Level 6

Emotional Thinking, Logic & Sense of Reality (Begins between 36-48 months)

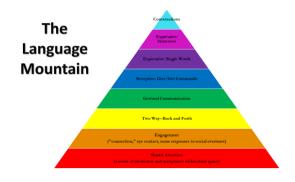
- · Talking in sentences
- · Asks and answers 'Why' questions
- Can recall the immediate past. Builds bridges between ideas
- · Identifies own and others' feelings
- Recognizes relationship between feeling, behavior and consequences
- Two thematic play
- Carries on simple conversations
- · Peer play established.
- Misbehavior as developmental accomplishment

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101 102

Case Study Kaia Small Group Discussion

At what Functional Developmental Level(s) is Kaia functioning in this first clip?

Does anything else stand out about her profile?



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7 Circles of Teaching PLAY



105 106



# Circle 3: Techniques and Activities

- Techniques and activities answer the question: "What can I do to get more engagement and more fun?"
- . We have 40 different techniques\*
  - For FDL 1-4
- For FDL 4-6
- Activities answer the question: "What would be fun for my student?"
- We individualize techniques and activities based on the child's profile.

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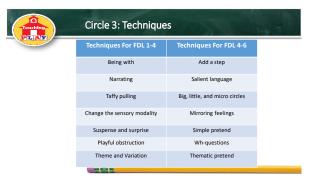
# Circle 3: Techniques

#### The Purpose of the Techniques:

- Provide parents and professionals with ideas for engagement
- Improve initiative & flexibility
- Increase numbers & complexity of circles of communication
- Improve ability to solve problems
- Promote fun, silly, engaging interactions!

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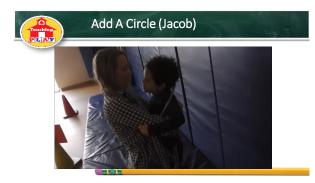






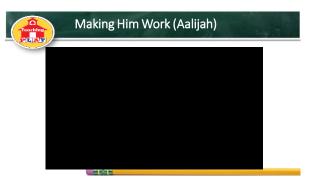
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Circle 3: Activities Gently shaking arms or legs Gently squeezing arms, leg, head.Rolling child up in a rug Sensory/Cause and Effect Swinging in a blanket LEVELS 3 & 4 Chase: "I' m gonna get you" · Get the bubbles, balloon, etc. · Ball play (rolling it back and forth) Simple pretend: Big mouth puppets LEVELS 5 & 6 monster chase 1&2 Theme More complex pretend: dress up, crashing cars, tea party, dolly sleeping Games with rules: Duck, duck, goose

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Write down 3 specific things you want to remember from today's training that you've learned so far. What stands out to you?

- TOTAL

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# 7 Circles of Teaching PLAY





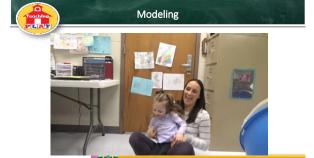
#### Circle 4: Coaching, Modeling, Feedback

- Teaching PLAY Consultants visit the classroom
- · Coaching, Modeling, Feedback
- Video Taping
- · Emphasis on analyzing child's profile
- Using PLAY principles, methods, techniques and activities during ALL interactions throughout the school day.

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Teaching P L J L L L

#### Circle 5: Engagement in the Classroom

#### Child-led play sessions:

- 10-15 minute periods throughout the day
- Free play promotes functional development
- Adult follows child's lead to facilitate engagement, two way communication, initiation, problem solving
- "Make every interaction a good interaction"

#### Adult-led tasks:

- Adult reads child's cues and follow the child's lead within every interaction, even when directing a task
- Focus on relationship, contingent communication, and initiation as well as problem solving

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#### Circle 6: Feedback and Support

- After-visit meetings with video reviews
- In-service sessions for more in-depth discussion
- Teaching PLAY Binder, including training materials with ideas for techniques and activities by FDL

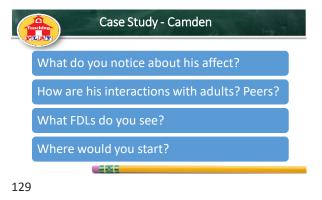
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#### Circle 7: Change and Growth

- Update the Child Profile throughout the year
- Use new techniques and activities as child changes
- Create IEP goals that are appropriate for the child's Functional Developmental Level, rather than chronological age.





Case Study - Camden

What do you notice about his affect?

How are his interactions with adults? Peers?

What FDLs do you see?

What do you think worked?



Touching

# KAHOOT COMPETITION!

https://kahoot.it/

EEE:

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## Teaching PLAY: Barriers

- · No time in the schedule for this!
- I have too many students who need attention!
- Could cause too much chaos, loss of control!
- · Might lead to more behavior problems!
- I have to teach the other staff too?
- I need more administrative support for this!
- Not academically focused. What about IEP?
- Parents want academics, not play!



#### **Teaching PLAY Evaluations**

- Overall, increased confidence in approach/interactions with identified children
- · Intentional/more awareness in daily interactions and approach to identified students
- Hard work but validating—support in reaching the hardest to engage children
- · Developed meaningful relationships with children based on trust
- More tools in your tool box
- It helps you identify and understand the child's needs, meet them where they're at, build a relationship and challenge him at the "just right" level
- Small incremental progress as success

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#### Advice for Teaching PLAY Participants

- · Be open-minded
- · Don't be intimidated by the video camera
- Be patient
- Enjoy the Process
- · Don't give up, stick with it, keep "sweating"
- Ask Questions
- · Have fun with it!

CERE.

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#### **Teacher Testimonials**



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#### Summary

- New ways of interacting with children with ASD
- · Children with ASD don't learn like other children
- Content-oriented IEP goals only address part of child's learning needs
- Need to focus on functional development
- · Teaching PLAY is a new way to change the classroom culture without changing the classroom structure
- Focus on INTERACTION and ENGAGEMENT: "Think Circles!!"
- Interaction leads to academic readiness

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# Handouts and Resources



Handouts:

- PPT Handout
- Sample of Teaching PLAY techniques
- PLAY Plan
- Teaching PLAY Tips

Dr. Rick's Podcast, Autism: 10 Lessons for Life

#### https://playproject.org/playstore/

- Online courses: "The Good, The Bad and the Ugly" "Transition Tricks"
  - PLAY Parent Guide
  - PLAY Project videos on YouTube and Vimeo



#### Thank you!!

### Questions or comments??

Please visit www.playproject.org for more info

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