



Resources for autistic people of all ages

Social story about [keeping healthy](#).
[Keeping away from other people](#)
[Protecting people \(shielding\)](#)
[Staying at home](#)
[Social distancing](#)
[Guide to staying at home](#)

Make a new daily schedule

We know it is important to many autistic people to have a daily routine and we have created a template you can use to schedule your daily activities [here](#).

Keep children entertained

[Sensory Stuck at Home](#) is a Facebook page where parents of autistic children share ideas of activities to do in the house.

Manage anxiety

[Mind](#) has created some helpful information about well-being during this unprecedented time of change.

Keep in touch

Sign up to the National Autistic Society [online community](#), where you can chat with hundreds of people and share ideas and tips on how to deal with this situation.

Activities to do at home with your family

Keep exercising

On [this page](#) you can find movement and mindfulness videos to keep you children active.

[Visit this NHS page](#) to pick from 24 instructor-led videos across aerobics exercise, strength and resistance, pilates and yoga categories.

Virtual tours

[This website](#) allows you to visit museums from the comfort of your home.

100 things to do indoors

You can [download this book](#) free of cost and make staying indoors fun and use the time to help yourself and others.

Resources about coronavirus and how to deal with it

[Autistica - Coping with Uncertainty](#)

[Social story to help Autistic children/adults](#)

[Purple Ella video about how to deal with coronavirus](#)

[Children friendly coronavirus social animation](#)

[Coronavirus and anxiety advice](#)

[More coronavirus and anxiety advice](#)

[Mental health and coronavirus](#)

[Coronavirus tips](#)

[Advice for families re. how to support children who have learning disabilities and/or autism while isolating](#)
[Social story to help autistic children](#)

Resources for families

[SEND School Closure Home Learning Resource Pack](#)

[Ideas for what to do with autistic children who are stuck at home](#)

[Ideas to keep children busy](#)

[Indoors activities from The Scouts](#)

[Interactive mindfulness videos](#)

[Swansea Branch's Pinterest Account - lots of great resources on topics ranging from gardening to science to Pokemon](#)

[Virtual activities such as museum tours](#)

Autism helpline

If you need other help and advice the National Autistic Society are operating an online autism helpline. Find out how to contact the helpline [here](#).