



# HUNE

## Parent Resources for Youth and Teens with Special Needs

### EMOTIONAL INTELLIGENCE

The site explains what emotional intelligence is, why teens might lack the skill, benefits to developing emotional intelligence, and provides tips for parents and providers on how to teach teens this valuable skill.

[paradigmmalibu.com](http://paradigmmalibu.com)

Emotional Intelligence Activities for Teens ages 13-18. A comprehensive compilation of activities parents and providers can use with teens to help them learn about their own level of emotional intelligence and improve skills.

[ong.ohio.gov](http://ong.ohio.gov)

Teaching Emotional Intelligence to teens and students. Information and activities for parents, teachers and students.

[PositivePsychology.com](http://PositivePsychology.com)

19 Practical, Powerful Ways to build Social-Emotional Intelligence in Kids and Teens. Designed for parents.

[heysigmund.com](http://heysigmund.com)

4 Social /Emotional Skills You Can Easily Practice With Teens. Basic information and activities about listening skills, assertiveness, emotional awareness and nonverbal communication designed to be shared with teens by teachers or parents.

[nobelcoaching.com](http://nobelcoaching.com)

## AUTISM

Strategies to support teens and young adults with autism spectrum disorder during Covid -19 [health.harvard.edu](https://health.harvard.edu)

**Teens with ASD:**Excellent information for parents and teachers on the importance of Life Skills and information and activities describing those skills along with resources that outline HOW to teach those skills. also good advice on setting transition goals. <https://tacanow.org/family-resources/support/>

The American Academy of Child and Adolescent Psychiatry 's Autism Resource Center is a collection of resources for parents, teachers and students, including teens and university students. A Teen's Guide To Autism is an awesome video link found on the site. [aacap.org](https://www.aacap.org)

A collection of resources for people with autism of all ages, teachers and providers and parents. [www.autismspeaks.org](https://www.autismspeaks.org)

### Guides to help with Schoolwork

Grade by grade guides to help with what each student is expected to know based on Common Core Standards. <https://www.pta.org/home/family-resources/Parents-Guides-to-Student-Success>

General guides on how parents, tutors, and other guardians can assist their children with school <https://www.pta.org/home/family-resources/Family-Guides>

A guide to help parents get their child involved in after-school activities, a proven way to increase student engagement and social interaction.

<https://www.verywellfamily.com/extracurricular-activities-for-kids-with-special-needs-4143299>

## Activities

21 different and varied activities that parents can do with their autistic child to build several different skills.

[https://www.momjunction.com/articles/activities-for-teenagers-with-autism\\_00371127/](https://www.momjunction.com/articles/activities-for-teenagers-with-autism_00371127/)

Fantastic website of different activities, including life skills, work skills, math and language arts, for parents to do with their children of different age groups

<http://www.breezyspeciald.com/>

A list of things that parents can say to their children to motivate and encourage them.

<https://www.verywellfamily.com/extracurricular-activities-for-kids-with-special-needs-4143299>

Ideas for parents and teachers that are proven to help special needs students

<https://johncardinaloconnorschool.org/beneficial-activities-for-kids-with-special-needs>