



FROM CHAOS TO CALM

THE LOW-PREP HOMESCHOOL TOOLKIT FOR AUTISM

Simple Routines: Real-life learning. Less
overwhelm

AUSOME HOMEGROWN
LEARNERS

HEY MAMA

**YOU DON'T NEED MORE IDEAS. YOU
NEED SOMETHING THAT ACTUALLY
WORKS ON HARD DAYS.**

**THIS TOOLKIT IS DESIGNED TO
HELP YOU:**

**START YOUR DAY WITHOUT OVERWHELM
SUPPORT YOUR CHILD'S REGULATION
BUILD SIMPLE, FLEXIBLE ROUTINES
TURN REAL LIFE INTO LEARNING**

**START SMALL. THAT'S
ENOUGH.**

START YOUR DAY WITHOUT OVERWHELM

- DID WE START WITH REGULATION?**
- WHAT IS MY CHILD'S ENERGY TODAY?**
- DID I CHOOSE 2-3 CORE TASKS?**
- DID I LEAVE ROOM FOR FLEXIBILITY?**
- WHAT LIFE SKILLS ARE WE PRACTICING?**

IT DOESN'T HAVE TO BE PERFECT TO BE EFFECTIVE



What Does My Child Need Right Now?



High Energy

- Jumping
- Running
- Obstacle course
- Dance



Low Energy

- Quiet space
- Music/headphones
- Deep pressure
- Rest



Focus Struggling

- Brain break
- Walk
- Stretch
- Sensory tool

REGULATION FIRST. LEARNING SECOND.

BUILD YOUR HOMESCHOOL FLOW

FIRST: _____

THEN: _____

THEN: _____

THEN: _____

OPTIONAL: _____

NO TIMES. NO PRESSURE. JUST RHYTHM.

LOW-PREP ACTIVITY BANK

- READING JOURNAL
- MATCHING / SORTING
- DRAW + WRITE
- INTEREST-BASED LEARNING

THIS WEEK I WILL USE:

1. _____

2. _____

3. _____



REAL-LIFE LEARNING COUNTS

THIS WEEK'S SKILL: _____

- MONDAY**
- TUESDAY**
- WEDNESDAY**
- THURSDAY**
- FRIDAY**

INDEPENDENCE IS BUILT ONE SMALL STEP AT A TIME

FOLLOW WHAT THEY LOVE

INTEREST: _____

TURN IT INTO LEARNING:

READING: _____

MATH: _____

WRITING: _____

SCIENCE: _____

LIFE SKILL: _____

FOR THE HARD DAYS

YOU ARE NOT BEHIND.

YOUR CHILD IS NOT BROKEN.

THIS IS NOT FAILING.

THIS IS ADAPTING.

THIS IS LEARNING.

THIS IS LOVE IN ACTION.

START SMALL. KEEP GOING.

A dirt road winding through a field with trees in the distance. The scene is hazy, suggesting a misty or rainy day. The road is light-colored and curves to the right. There are several trees of varying sizes along the road, and the background is a soft, yellowish-white haze.

YOU DON'T HAVE TO DO THIS ALONE

IF THIS HELPED YOU, THERE'S MORE WAITING FOR YOU

FOLLOW ALONG FOR:

- **LOW-PREP LESSONS**
- **REAL-LIFE HOMESCHOOL STRATEGIES**
- **SUPPORT FOR NEURODIVERGENT FAMILIES**

**INSTAGRAM:
@AUSOMEHOMEGROWNLEARNERS**

**BLOG:
[HTTPS://AUSOMEHOMEGROWNLEARNERS.COM/](https://ausomehomegrownlearners.com/)**

PROGRESS OVER PERFECTION