

Sequence of Events Activity #2

Objective: Provide insight to what it is like to have difficulties in following directions related to sequences of events in a sensory stimulating environment. This will provide an insight to the difficulties a person with autism spectrum disorder can have while being in a sensory stimulating environment.

Materials Needed:

1. Three-hole punch
2. Colored or lined paper
3. Pens
4. Three-ring binder
5. Music or distracting noise
6. Table or flat surface

Directions:

1. Facilitator will provide materials to participant
2. Facilitator will provide very quick instructions the participant on what to write on the papers and order to put the papers in the binder while the music or distracting noise being played
 - a. Facilitator Note: example of instructions “number the papers with odd numbers only and three hole punch instructions in landscape orientation. Put in the binder after all papers are numbered.”
 - b. Facilitator Note: give instructions very quickly and do not repeat instructions
3. Participant will complete facilitator's instructions as quickly as possible
 - a. Facilitator Note: this activity can be especially effective when the facilitator questions participant on how the participant is completing the activity
 - i. Example -- “why aren’t you going faster? I would be done with this by now. This isn’t that hard. Hurry up!”
 1. This will demonstrate to participants how important it is to provide clear instructions, allow for time to process instructions and how difficult it can be to be in a loud and over-stimulating environment
 - b. Facilitator Note: ask questions to participant after completing activity
 - i. Example -- how did it feel to be questioned continuously about your performance? What was difficult? How could you better provide directions/guidance and support to a person with autism spectrum disorder?