



TECH Tidbits

TASK's Assistive Technology Newsletter - February 2022

Happy February! Last month, I mentioned our new webinar series, [Let's Talk AAC](#). I am excited to tell you that we are now ready to offer the first training in the series!

We will be presenting **Let's Talk AAC: An Introduction**, on Friday, March 18, at 10:00 am.

This webinar will introduce low, mid and high tech AAC devices and varied options. Participants will leave with a thorough understanding of what AAC is, where to obtain it, and who may benefit. Hand-out will include a comprehensive list of AAC resources.

If you are interested in registering, [please click here](#).

If you are an organization that is interested in having us present directly to your organization, please email Laura Martinez at laurasm@taskca.org for more information.

This month's other webinar offerings are as follows:

[Reading and Writing Supports for Middle and High School](#)

Thursday, February 10, 10:30 am-12:00 pm

Quick Links

[More About TASK](#)
[More About the TECH Center](#)



NOTE:
All TASK and TECH Center Services Are Available Virtually!

Is your middle or high schooler struggling with reading, writing, or both? If so, please join us for an informative presentation that will include helpful online technology tools including Google Chrome Extensions and helpful websites. *This workshop will be conducted using Zoom. After registering, you will receive an invitation to join the Zoom meeting.*

[Social and Life Skills Apps for Kiddos with Special Needs](#)

Wednesday, February 23, 10:00-11:30 am

Many kiddos (and adults) struggle with social and life skills. Join this session, in which we will demonstrate apps that can help with these skills. App focus will include: personal grooming, household chores, telling time, dialing 911, social skills and more. Apps for various ages will be shown. *This workshop will be conducted using Zoom. After registering, you will receive an invitation to join the Zoom meeting.*

Liz Ortega, our Assistive Technology Specialist, virtually attended the [ATIA conference](#) last month. One of the things she discovered there is this amazing app! To be completely honest, I am kind of obsessed with this one!

[Tappy - Haptic Fidgeter](#)

Tappy is a therapeutic fidgeting app designed to help you reduce stress and anxiety in a fun and satisfying way! As you tap, not only will you enjoy an incredible haptic response, you'll notice that your count increases as well! This will be important for unlocking features. More features will be added in the future, so if you already surpass the tap count it'll be automatically unlocked for you! There is also so much more to Tappy! Check out the rest of the app to discover ways to be mindful, improve mental health, reduce stress, and remove anxiety. You'll find great fidget games and tools that give satisfying haptic feedback responses! Tappy aims to be your one-stop fidget app for relaxing, focusing, and just having fun! (*iOS, FREE with in-app purchases*)

Due to concerns about the potential spread of COVID-19, and because we care about the safety of the families we serve as well as our staff, TASK is suspending services in-person.

However, we are offering all services virtually, including the following:

- Personalized Telephone and Email Assistance
- Remote AAC Consultations
- AT Webinars

For more information about any of these services, please [contact us by email!](#)

TASK Funders

Major funding for TASK is provided by:

United States Department of Education, Office of Special Education Programs

California Department of Education

Orange County Social Services Agency

Let's Talk AAC funded by [Ability Central](#)

Feelings, Emotions, and Emotional Health Apps

[Daniel Tiger's Grr-ific Feelings](#)

Children can play, sing, and learn about all kinds of feelings with their friend and neighbor Daniel Tiger from the hit PBS KIDS series, *Daniel Tiger's Neighborhood*. Features:

- Trolley Game - Drive the trolley to discover more than a dozen mini-games about feelings.
- Sing-Along - Choose from 18 of your favorite Daniel Tiger songs, each one fully animated.
- Drawing Easel - Use paints, crayons, stickers, and more to express yourself.
- Feelings Photo Booth - Take pictures of yourself that show lots of different feelings. Daniel will help you pose!

(iOS/Amazon/Google Play/Windows - \$2.99)

[Emotions from I Can Do Apps](#)

This is an educational tool designed in collaboration with a Speech-Language Pathologist that allows you to introduce new concepts, practice identifying emotions, taking perspective/theory of mind, in a fun and simple way. This app focuses on helping individuals identify different facial expressions using real faces and test their understanding of emotions. Emotions include happy, sad, scared, surprised and angry. Emotions from I Can Do Apps is designed to be used by clinicians, families, educators and individuals with autism spectrum disorder, social language disorders and behavioral challenges. *(iOS - \$4.99)*

[MindShift CBT - Anxiety Relief](#)

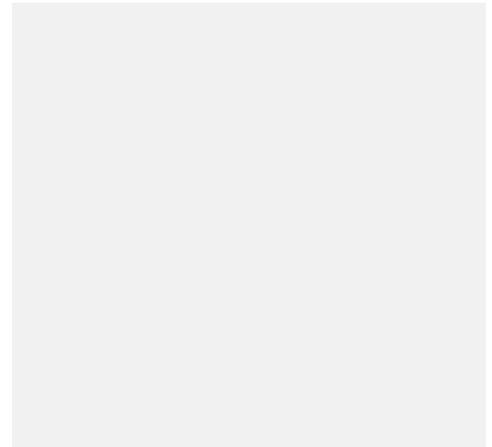
Is anxiety getting in the way of your life? MindShift CBT uses scientifically proven strategies based on Cognitive Behavioral Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety. Get the tools to tackle worry, panic, perfectionism, social anxiety and phobias. *(iOS/Google Play - FREE)*

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Smiling Mind

This is a mindfulness and meditation app developed by educational specialists and psychologists that has fantastic resources for a wide range of age groups, including exercises, tools, and activities to address various daily challenges and emotional obstacles. One particular star attribute of this app is that there are no extra in-app purchases needed; all of the content is available for free, including strategies to use in the classroom. (iOS - FREE)



As always, if you have any questions regarding apps, AAC, or any other assistive technology, please feel free to email lizo@taskca.org or laurasm@taskca.org and we will be happy to assist you.

Blessings,

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TASK



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