



BCPS LSW Action Plan 2025-2026



LSW TEAM Members	LWS Liaison: Casey O'Connell (Autism Coach)	School: Bright Horizons Zone: 0871
	Administrator: Ann E. Andersen-Kowalski – Principal & Sally Judd – Assistant Principal	Date Plan Completed: 8/20/2025
	Other Team Members: <i>Lori Naslund (ESE Specialist), Angela Portal (Autism Coach), Tabatha Edwards (Job Coach/Transition), Jordan Striggles (High School Teacher), Shandrika Ware (Middle School Teacher), Zoe Burgess (Elementary Teacher)</i>	



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ACTIVITY	STANDARD	DESCRIPTION
Emotion Cards & Mirror Play	Students will recognize, identify, and appropriately express basic emotions in themselves and others.	Using picture symbols and mirrors, students practice matching facial expressions with labeled emotions (happy, sad, mad, scared). Staff model expressions, and students take turns identifying and imitating them. This activity is repeated across grade levels and adapted with AAC devices for nonverbal students.
Emotion Sorting Mats Feelings in Music	LSW A. Students will recognize, identify, and appropriately express basic emotions in themselves and others.	Students sort picture cards of facial expressions (happy, sad, surprised, angry) onto labeled mats. Teachers prompt students to name or point to emotions, and AAC users activate matching icons. Different songs (happy, calm, silly, sad) are played while students identify how the music makes them feel. They choose matching picture cards or gestures to show their emotions.
Sensory Pathways Breathing Exercises (Counting & Rainbow Breathing)	LSW B. Students will demonstrate the ability to manage emotions and behaviors to achieve personal and academic goals.	Hallways are marked with simple movement prompts (jump, stomp, stretch). Students use the path as a self-regulation break, learning structured movement strategies. Students learn simple breathing routines using visuals and modeling. <i>Counting Breaths</i> (inhale for 3, exhale for 3) helps with pacing, while <i>Rainbow Breathing</i> uses arm movements to “draw” a rainbow in the air while breathing deeply. These



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		routines are practiced daily and reinforced during times of stress.
Partner Puzzles Friendship Circle	LSW C. Students will engage in positive social interactions and demonstrate respectful and cooperative behaviors.	Students are paired to complete simple puzzles or matching activities. Success requires cooperation and sharing materials, with staff modeling turn-taking language. In a structured circle activity, students practice greetings, sharing items, and turn-taking. Visual cue cards support communication, and students are praised for kind, respectful behaviors.

Elementary