Kid's Corner
Pineapple or Strawberry Tropical Whip

It is time to make a tropical whip!

First

Grown-up reads

Then

I make

Materials Needed:

Pineapple Whip
- Visual activity schedule (see pp. 2-4)
- 1/2 cup almond milk
- 1/2 cup coconut milk
- 1/2 cup pineapple juice
- 2 cups frozen pineapple

Strawberry Whip
- Visual activity schedule (see pp. 5-7)
- 1/2 cup almond milk
- 1/2 cup coconut milk
- 1/2 cup pineapple juice
- 2 cups frozen strawberries

Equipment/Utensils
- Blender
- Measuring cup (1/2 cup)
- Measuring cup (1 cup)
- Cup(s)

Directions for Grown-ups:
1. Cut out the schedule and place on a velcroed board (for pull-off schedules) or laminate (for check-off schedules).
   For more information, see How-To Template: Schedules (www.HANDSinAutism.iupui.edu)
2. Help with fine motor skills and use of devices, if needed.
3. Enjoy!

Optional:
- Teach your child to clean up the work area after cooking by using the Life with ASD: Wiping Tables and Chairs available on the HANDS in Autism® website
- Use My Turn-Your Turn Card (p.8) to support turn taking, if it is a group activity. See the Turn Card How-To Template on the HANDS in Autism® website for more information.
- Remember to give the individual(s) a lot of positive attention or specific praise for steps or skills they are doing well throughout the activity. For ideas on what to say, go to p. 9.

Materials provided are samples only!
They may need to be individualized to meet the particular needs of a person with ASD!
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Time to Make a Pineapple Tropical Whip

1. Measure 1/2 cup of almond milk
2. Pour into blender
3. Measure 1/2 cup of coconut milk
4. Pour into blender
5. Measure 1/2 cup of pineapple juice
6. Pour into blender
7. Measure 2 cups of pineapple
8. Put fruit in blender
9. Put lid on blender
10. Push on button
11. Blend for 1 minute
12. Push off button
13. Pour into cup
14. Enjoy or share with a friend
Time to Make a Pineapple Tropical Whip

☐ Measure 1/2 cup of almond milk
☐ Pour into blender

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☐ Measure 1/2 cup of pineapple juice
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☐ Measure 2 cups of frozen pineapple
☐ Pour into blender
☐ Put lid on blender
☐ Push on button
☐ Blend for 1 minute
☐ Push off button
☐ Pour into cup
☐ Enjoy or share with a friend

Finished!
Time to Make a Pineapple Tropical Whip

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- Blend for 1 minute
- Push off button
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- Enjoy or share with a friend

Finished!
**Time to Make a Strawberry Tropical Whip**

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Measure 1/2 cup of almond milk</td>
</tr>
<tr>
<td>2</td>
<td>Pour into blender</td>
</tr>
<tr>
<td>3</td>
<td>Measure 1/2 cup of coconut milk</td>
</tr>
<tr>
<td>4</td>
<td>Pour into blender</td>
</tr>
<tr>
<td>5</td>
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</tr>
<tr>
<td>6</td>
<td>Pour into blender</td>
</tr>
<tr>
<td>7</td>
<td>Measure 2 cups of strawberries</td>
</tr>
<tr>
<td>8</td>
<td>Put fruit in blender</td>
</tr>
<tr>
<td>9</td>
<td>Put lid on blender</td>
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<tr>
<td>10</td>
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Finished!
Cut out the cards and glue the green and red cards together back to back. For more information on how to use turn cards, see the Turn Card How-To Template on the HANDS in Autism® website.

Consider having a set of cards for both or all of the individuals doing the activity together, so that the cards could be used while waiting on an individual turn.
Ideas for Positive Attention

Giving positive attention for appropriate behaviors is a good way to motivate individuals to continue exhibiting those positive behaviors.

When giving positive attention, remember the following:
- Make eye contact and speak enthusiastically
- Be specific about the behavior you like
- Give attention immediately after the behavior you like
- Give the attention in the format that the individual enjoys (e.g., high-five, hug, verbal praise)

Here are some sample specific praises:

Great job _doing what?_! (e.g., pouring juice; waiting for the blender to finish; sharing with friends)

Nice _doing what?_! (e.g., waiting)

I like how you are _doing what?_! (e.g., following the schedule; sharing with friends)

What a nice job _doing what?_! (e.g., mixing ingredients)