

ARE WE SIMILAR OR DIFFERENT?

Think about a friend or family member that you are close to.

What have you noticed that you have in common? What is different about each of you?

Use the boxes below to list how you and your friend/family member are similar and different.

What do I have in common with _____?

How are we the same?

How are we different?

What is good about being similar to others?

What is good about being different from others?

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Use the boxes below to list how you and your friend/family member are similar and different.

What do I have in common with Thomas?

How are we the same?

We have brown hair

We like eating peanut butter

We go to the same school

We both have a sister

We play basketball

We love playing computer games

How are we different?

Thomas has blue eyes,
mine are green

I have autism

I am taller than Thomas

I love trains,
Thomas doesn't

Thomas does karate

What is good about being similar to others?

We have things we like to do together and talk about.

What is good about being different from others?

We can come up with different ideas for playing.

WHAT ARE MY STRENGTHS AND CHALLENGES?

When we think about our abilities, we all have things that we do well (strengths) and things we need help with (challenges). In the boxes below, make a list of some things you do well and some things you need help with.

Things I do well

Things I need
help with

Now, think about how you can use the things you are good at to help with the things you struggle with. Draw a line between the strengths and challenges that could go together.

WHAT ARE MY STRENGTHS AND CHALLENGES?

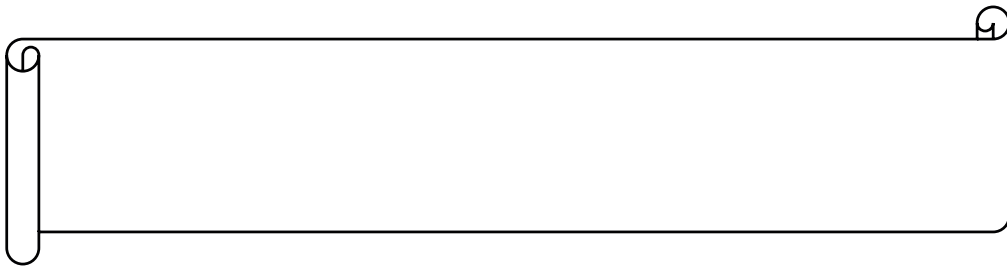
When we think about our abilities, we all have things that we do well (strengths) and things we need help with (challenges). In the boxes below, make a list of some things you do well and some things you need help with.

Things I do well	Things I need help with
Math	
Computers	Making friends
Making people laugh	Writing
Basketball	Joining in
Drawing	Remembering instructions
Using apps on my iPad	

Now, think about how you can use the things you are good at to help with the things you struggle with. Draw a line between the strengths and challenges that could go together.

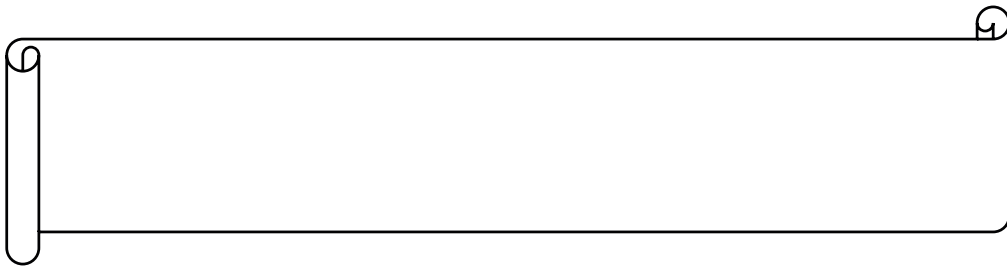
WHAT ARE MY INGREDIENTS?

There are many different qualities that go together to make you who you are, and autism or Asperger's is just one of them. On the page below, put your name in the space at the top, then add all your ingredients or qualities around the picture.



WHAT ARE MY INGREDIENTS?

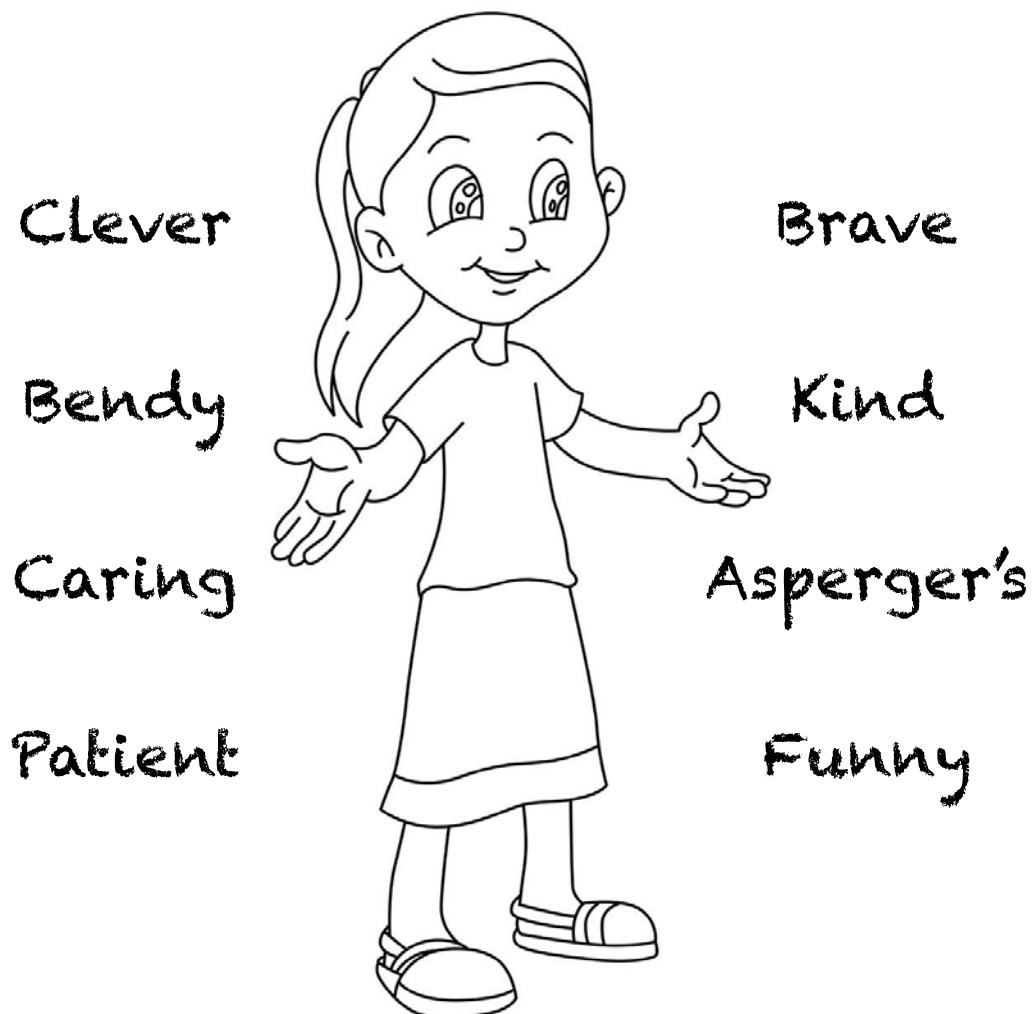
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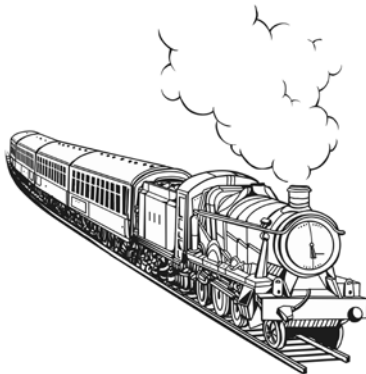
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Sophie



HOW IS AUTISM LIKE A STEAM ENGINE?



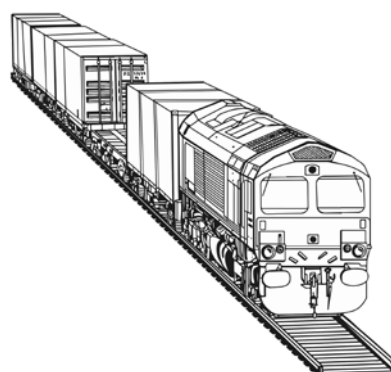
Steam engines and diesels are both useful and powerful trains but they work slightly differently. They both have things they do well and things that are harder for them.

Steam engines need wood and water to power their engine, but diesel engines need diesel fuel to run.

Steam engines are better suited to moving carriages, while diesel engines are better for moving heavy cargo.

When a steam engine needs to move cargo, it might need to work harder, but it can still get the job done.

Having autism means your brain works differently compared to children who don't have autism.



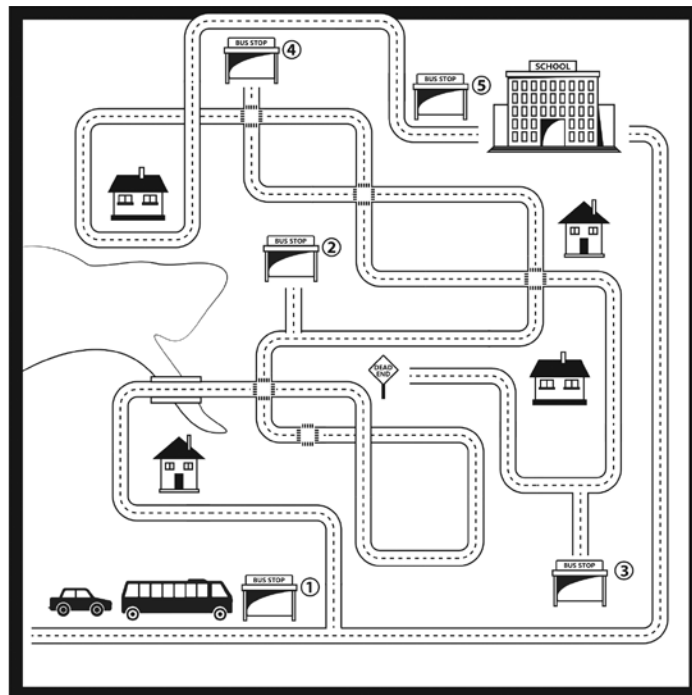
Sometimes you might have to work harder than other children

to get a job done, just like the steam engine, but you can still do it if you try.

Having autism means you are different, but being different is not good or bad, it is just different.

HELP THE CAR AND THE BUS GET TO SCHOOL

Take the car on the shortest route to school. Use a blue pencil to mark the way. With a red pencil, mark the route the bus takes to school. Make sure it goes to all the bus stops along the way.



Both the bus and the car will get children to school, but the bus takes longer because it makes a lot of stops on the way.

Just like the bus takes longer than the car to get to school, sometimes children with autism take longer to do things than other children because their brain works in a different way.

Taking longer does not mean you can't do something, it just means you do it differently.

LAPTOP VS TABLET - IS ONE BETTER THAN THE OTHER OR ARE THEY JUST DIFFERENT?



Laptops and tablets have different operating systems that enable them to work effectively, but they are able to complete most of the same functions.

On the lines below, list as many similarities between laptops and tablets as you can.

Just like laptops and tablets, people with autism and people without autism have different operating systems - their brains.

Even though their brains work differently, people with autism can do the same things that other people can do.

Having autism does not make a person more or less skilled than others, it just makes them different.

LAPTOP VS TABLET - IS ONE BETTER THAN THE OTHER OR ARE THEY JUST DIFFERENT?



Laptops and tablets have different operating systems that enable them to work effectively, but they are able to complete most of the same functions.

On the lines below, list as many similarities between laptops and tablets as you can.

You can take them with you wherever you go.

They need electricity to work.

You can play games on them. You can write stories on them.

Just like laptops and tablets, people with autism and people without autism have different operating systems - their brains.

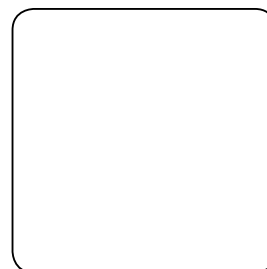
Even though their brains work differently, people with autism can do the same things that other people can do.

Having autism does not make a person more or less skilled than others, it just makes them different.

ALL ABOUT ME

My name is _____.

I have autism.



The most important thing
to know about me is:

I am good at:

I like:

I don't like:

I need help with:

You can help me by:

Things that can upset me are:

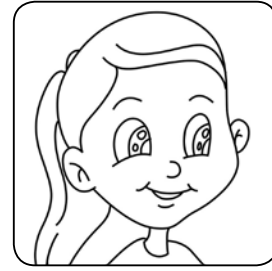
When I get upset I:

You can help me by:

ALL ABOUT ME

My name is Molly.

I have autism.



The most important thing
to know about me is:

I am very social and it is important that I feel a
sense of connection with my peers. At times, I can
misunderstand social cues and can be extremely sensitive.

I am good at:

I have a very vivid and detailed imagination.
My singing voice is lovely and strong! I have a
brilliant memory and am a gifted mimic.

I like:

Music, singing, dancing, storytelling and play
acting. The Wiggles, Peppa Pig and many a musical:
Annie, Wizard of Oz, Willy Wonka, etc.

I don't like:

'Bad dreams!' I become so caught up inside my story I
have trouble distinguishing between fantasy and reality.

I need help with:

Understanding the thoughts, feelings and
intentions of others. Managing and validating my
(confusing!) emotions and those of others.

You can help me by:

Explaining social contexts when I seem
confused or misinterpret situations, then
validating my feelings in a soft manner.

Things that can upset me are:

I am highly intuitive to people's moods and emotions,
especially if they are angry. Sometimes laughter, if
I think the laughter is being directed at me.

When I get upset I:

I will often show my fear and anger by using inappropriate language
and tone of voice and am locked tight on 'repeat cycle.' I can run,
hide, attempt escape - particularly if I feel very threatened and scared.

You can help me by:

Providing a 'safe zone' - a quiet, local, private space
I can withdraw to, especially in a heightened state of
distress. Giving me a gentle back rub or tickle.

ALL ABOUT ME

My name is _____.

I have autism.

The most important thing
to know about me is:

I am good at:

I like:

I don't like:

I need help with:

You can help me by:

Things that can upset me are:

When I get upset I:

You can help me by:

ALL ABOUT ME

My name is Tom.

I have autism.

The most important thing to know about me is:

I have a great sense of humor and I really like to help. Sometimes it is hard for me to make good choices about my behavior but I am trying hard to improve.



I am good at:

Math, basketball, using the computer, making people laugh

I like:

Sport, dinosaurs, math, Minecraft

I don't like:

Loud noises, people sitting too close to me, writing, sad music

I need help with:

- Understanding my friends' thoughts and feelings, especially in the playground
- Writing stories

You can help me by:

- Explaining social situations as they are happening
- Talking through some ideas with me before I start writing

Things that can upset me are:

- Changes in my routine
- Not understanding what to do
- Crowds of people and loud noises
- People not following the rules

When I get upset I:

- Raise my voice and yell
- Pace around the room
- Hit out at people close to me
- Destroy my work

You can help me by:

- Giving me frequent breaks from the classroom
- Setting up a quiet space for me to go to so I can calm down