



AUTISM & ME: A WORKBOOK

Learn about autism and what it
means to you

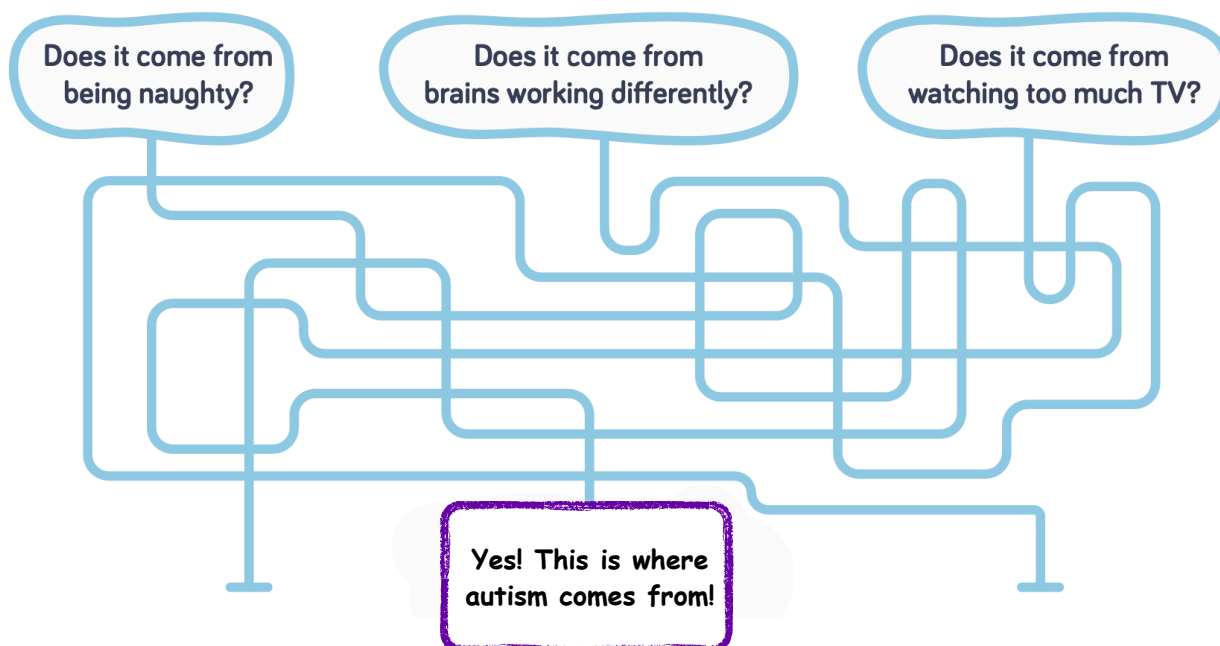




WHERE DOES AUTISM COME FROM?



Welcome! We are going to learn all about autism. If you can find your way through this maze, you can find where autism comes from. If you hit a dead end, don't worry! Keep trying until you get there!



There are lots of positive things commonly associated with being autistic, although not everyone will have all of these. Some really common traits are in the wordsearch below:

H S D I X T X C W O
C K B K D Y M R I C
U H J X Z U O E P D
R L O V J I W A C L
I P R N W Z L T Z L
O C I Z E P B I I O
U Y U N D S B V S Y
S I R T B A T E J A
S J H D A H L O H L
T R U T H F U L D T

Truthful
Honest
Loyal
Creative
Curious

PERSONALITY TRAITS



Getting an autism diagnosis does not change who you are.

Take a look at the pictures below and circle the words that you think describe you.



Calm



Hardworking



Sense of humour



Helpful



Energetic



Curious



Imaginative



Friendly



Talkative



Honest



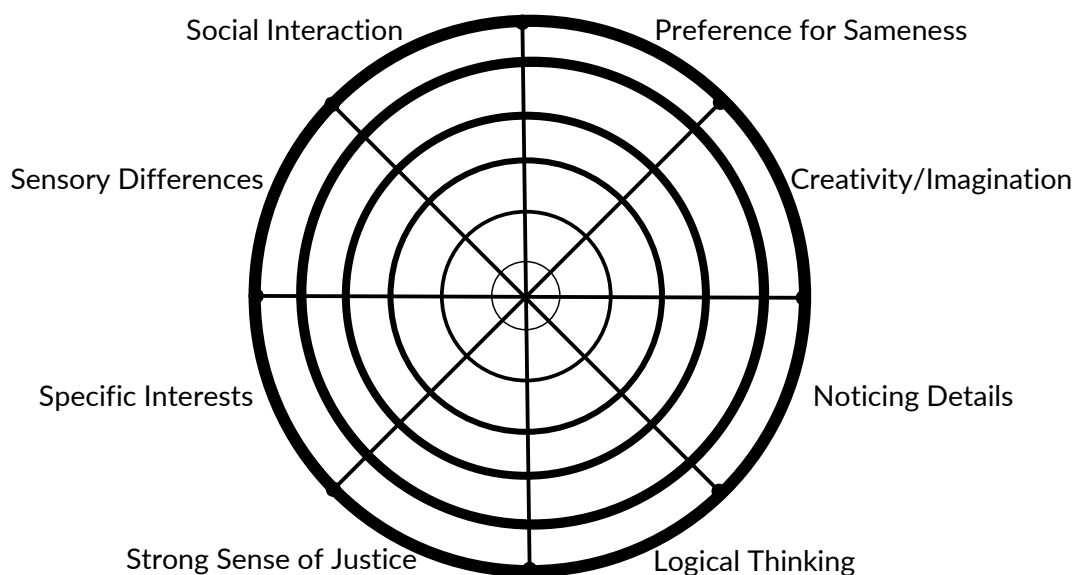
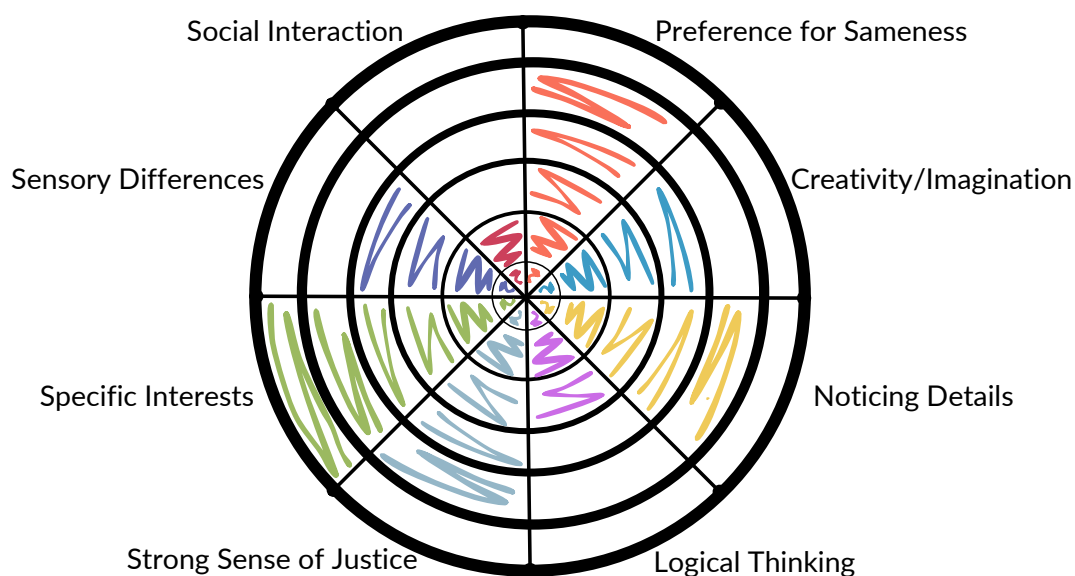
Playful

WHAT IS AUTISM?

There are lots of different characteristics connected with autism. This Autism Wheel will help you to understand a little bit more about yourself. Your experience of autism will be different to someone else's.

1. Take a look at the Autism Wheel below and then complete the empty one.
2. Decide how much of that characteristic you experience.
3. Colour in the segments, starting with the ones in the centre.

For example, if you find 'social interaction' difficult, only colour in the small segment at the centre. If you find it easy, then colour in all of the segments that correlate to 'social interaction'.



SENSORY PROCESSING

We understand the world around us through our senses.






One of the common traits of autism is we experience the senses differently. We may notice a lot more information like smells, sounds or tastes. This can be wonderful sometimes, but it can also feel like too much. Sometimes we can also struggle to notice our senses more than others. For example, some autistic people find it hard to spot when they are hungry, thirsty, hot or cold.

Take a look at the table below and write about what you like and do not like about the following senses. For example, if you do not like some tastes, then write down what tastes you do not like. Why do you like them? Why don't you like them?

Lily's brain is sensitive to bright lights and loud noises, which makes school stressful sometimes

Jay finds his school uniform difficult to wear because it feels scratchy on his skin. He loves soft and fluffy fabrics



	Smell	
	Sound	
	Sight	
	Taste	
	Touch	

WHAT IS AUTISM?

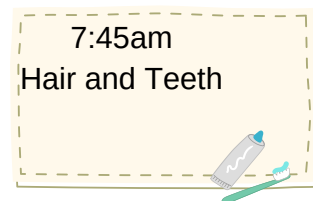
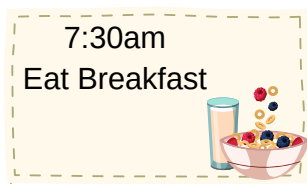
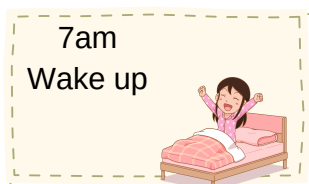


Sometimes the world may seem difficult or frustrating as it was set up for neurotypical people (people who are not autistic). For example, the school hall or playground can be too big and noisy for autistic brains. Being autistic is not the problem, but the world needs to learn more about autism so it can adapt the parts that autistic people find difficult.

- 1 Autism is something that you are born with and is a part of who you are.
- 2 Autism is a spectrum. This means that every autistic person is different and has different strengths and different challenges.
- 3 Being autistic means that your brain works in a slightly different way to other people. This can be a great thing because you might see things that other people don't see.
- 4 Autism is a way of understanding the world around you. It means that you process information about the world in a different way to non-autistic (neurotypical) people. This can be an advantage for many jobs and careers.
- 5 There are other autistic people in every country in the world, every town, every school!

Sudden changes can be really difficult.

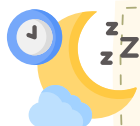
Having routines can help you feel safer and more in control. Take a look at the example below.



Here is some space for you to plan your morning and your evening.. First add the time and then you can draw.
We have started the first one for you!



Wake up



zZ



WHAT CAN HELP YOU WHEN YOU ARE STRUGGLING?



There are lots of great things about being autistic. Sometimes, there are things that you will find tricky and it is important to know what can help you.

HOME STRATEGIES

THIS WOULD HELP ME
THIS ALREADY HELPS ME
THIS WOULD NOT HELP

ONE INSTRUCTION AT A TIME

☐☐☐

CALMING MY SENSES (E.G A QUIET SPACE, SOOTHING MUSIC, SOFT FABRICS)

☐☐☐

GETTING HELP TO ORGANISE MY TIME

☐☐☐

GETTING HELP TO ORGANISE MY BELONGINGS

☐☐☐

EXTRA TIME TO PROCESS INFORMATION

☐☐☐

STICKING TO A BEDTIME "WIND DOWN" ROUTINE

☐☐☐

USING A VISUAL PLANNER

☐☐☐

ADD ANOTHER STRATEGY HERE)

☐☐☐

ADD ANOTHER STRATEGY HERE)

☐☐☐

SCHOOL ADAPTATIONS

THIS WOULD
HELP ME

THIS ALREADY
HELPS ME

THIS WOULD
NOT HELP

ADULT SUPPORT WITH
GETTING STARTED AND
CHANGES TO ROUTINES

☐ ☐ ☐

VISUAL REMINDERS E.G.
PICTURES AND PLANNERS

☐ ☐ ☐

SOMEWHERE TO GO AT
LUNCH AND BREAK TIMES

☐ ☐ ☐

TIME OUT OF THE CLASSROOM
TO CALM MYSELF

☐ ☐ ☐

UNDERSTANDING FROM
TEACHERS ABOUT WHAT I
NEED

☐ ☐ ☐

EXTRA TIME TO MANAGE
AND DO MY WORK

☐ ☐ ☐

SENSORY AIDS (E.G. EAR
DEFENDERS, WOBBLE
CUSHION, FIDGET TOYS)

☐ ☐ ☐

ADD ANOTHER ADAPTATION HERE)

☐ ☐ ☐

ADD ANOTHER ADAPTATION HERE)

☐ ☐ ☐



What does autism mean for me as I get older?

- Autistic people can be happy and successful.
- Autistic people can (and do!) have successful relationships, including friendships and romantic partners.
- Autistic people can do well at school and go to college or university.
- Autistic adults can get good jobs and have successful careers.

It's Ok to need help with this - everyone needs help sometimes! Life will get easier as you learn to understand your own challenges and strengths.

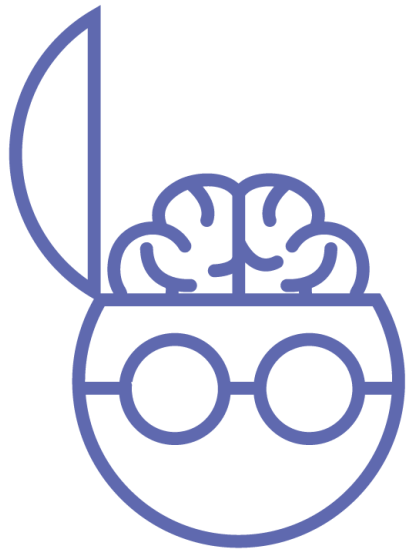


ALL ABOUT YOU



This is a page for you to write or draw your thoughts about what autism means to you





TATF
THEY ARE THE FUTURE

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