

Learning about

Autism

Activities for children, young people and their families



Your name:

Hello!

This is a booklet where you can learn more about autism. You can complete it on your own or with a grown-up.

In this booklet we're going to learn about some things that a lot of autistic people find helpful. But everyone is unique, and not all autistic people are the same! You and your grown up can decide what works best for you.

People use different words when they speak about autism. You might hear people say:

Someone who has autism

Someone who is autistic

Someone with ASD

Someone who is neurodiverse

In this book we use the word **autistic**, but you can use the words that you prefer.

Your Reward

At the bottom of each page is a box to tick when you're done. Completing this book will earn you a reward! Talk to a grown-up and decide together what your reward will be:



My reward for finishing this book is:

About Autism

Autism means your brain works differently to other people, which means the things that you find easy or difficult might be different to other people. That's okay though - everyone is different!

There are lots of amazing things about being autistic.



In this box write down one thing that makes **you** amazing:

.....

.....

Finished? Put a tick in the box and turn the page!

☐

It's okay to find things hard

Even if we're amazing at some things, we can't be good at everything. Sometimes there are things that autistic people find hard. There's nothing wrong with that, sometimes we just need some help!



In this box write or draw something that **you** find hard

Put a tick in this box when you've finished this page

☐

Meet the twins: Alex + Billy

Alex is autistic

Billy is not autistic



Alex and Billy's parents have learned a few ways to help Alex when they find things hard.

**Let's spend a day with
Alex and Billy!**

Finished? Put a tick in the box and turn the page!

☐

In the morning

Sometimes Alex can get worried when they don't know what's going to happen in the future.

In the morning, Alex and Mum talk through the plan for the day together. It helps Alex to feel prepared and relaxed!



Put a tick in this box when you've finished this page

☐

What does your plan for the day look like?

This is an example of how you might plan the things you do on a school day. You can do this on your own or with a grown-up.

After you
wake up

Before
school

At school

After
school

Before
dinner

After
dinner

Before
bed

Finished? Put a tick in the box and turn the page!

☐

Walking to school

If you are autistic, you might find that you have super-senses. You might hear things that other people think are quiet, or have a really good sense of smell. Wow!

Sometimes these super-senses can be overwhelming. Things that Billy doesn't notice might be uncomfortable or annoying for Alex.

Can you spot 4 differences between Alex and Billy's walk to school?



Put a tick in this box when you've finished this page

☐

Which of these are your favourite super-senses?
Which of these are your annoying super-senses?

Draw lines to connect the senses to the right box for you.
It's okay if you want to connect some senses to both boxes!



Sight



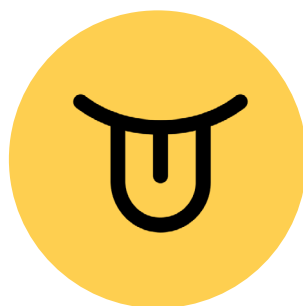
Hearing



Smell



Touch



Taste

**Favourite
Super
senses**

**Annoying
Super
senses**

Finished? Put a tick in the box and turn the page!

☐

In the classroom

Autistic people sometimes find it hard to be around lots of people or in noisy places. You can always talk to a teacher if you feel uncomfortable.

School can be fun too, especially if your autism gives you super skills! Let's see what Alex thinks of school:



Alex enjoys their favourite subject at school.
They're really good at it!

What's your favourite subject?



Alex has a new teacher this year. They still feel a bit uncomfortable with the change.



When Alex gets tired they do something fun, which gives them energy.

Put a tick in this box when you've finished this page

☐

Tick the things that might use up your energy

☐

Loud noises

☐

Bright lights

☐

Busy places

☐

Change

Write one thing that uses up **your** energy

Tick the things that might give you energy

☐

A break in a quiet space

☐

Asking a grown-up to take away the thing that upsets you

☐

Holding your favourite toy or blanket

☐

Doing something you enjoy

Write one thing that gives **you** energy

Finished? Put a tick in the box and turn the page!

☐

In the playground

School is a great place to make friends!

Alex sometimes finds it difficult to play with other children, but they have found some helpful tips for making friends:



Alex loves talking about their hobbies. Sometimes they need to remember to ask their friends questions too.

What question could you ask your friend?



Alex's behaviour might confuse people. Alex explains that it is just a way of expressing themselves.



Alex finds it hard to understand how other people feel. Grown-ups say the best thing to do is just to ask them!

Put a tick in this box when you've finished this page

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Sometimes it can be hard to understand how other people are feeling. But we can look at the expressions on someone's face to give us a clue about their emotions!

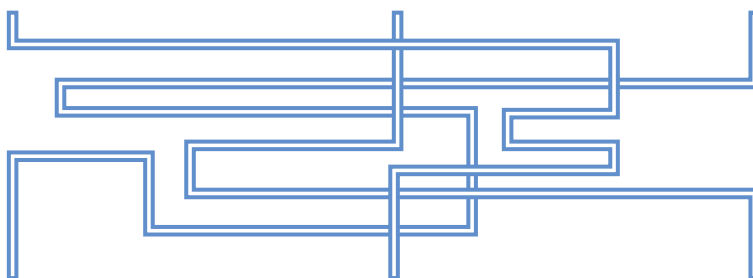


How do you think this person is feeling?
Follow the maze to see if you are right.

Angry

Worried

Happy



**That's the
right answer.
Well done!**

Oops!
You've hit a
dead end, have
another go!

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another go!

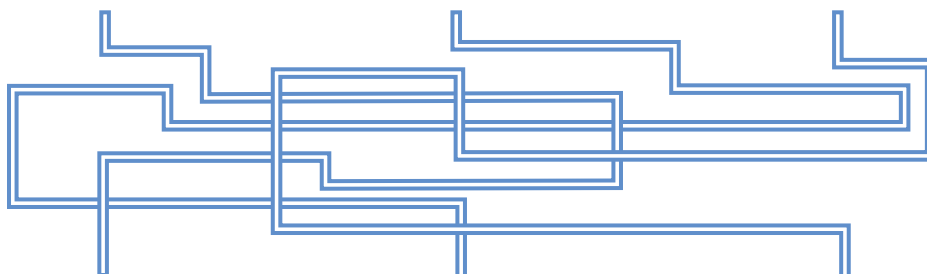


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Change of plan

A change of plan can be difficult, but it can also be fun!

Alex's mum needs to go to the shops after school. Alex didn't expect this, so they start to feel nervous. Mum knows that Alex will be calmer if they have something to keep them busy:



How do you feel when you are not sure about something?
A grown-up could help you think about this.

Put a tick in this box when you've finished this page

☐

Alex's special mission in the shops is to find 3 important ingredients for dinner.

Can you help Alex find the 3 ingredients from the list?

Carrots
Mushrooms
Corn on the cob



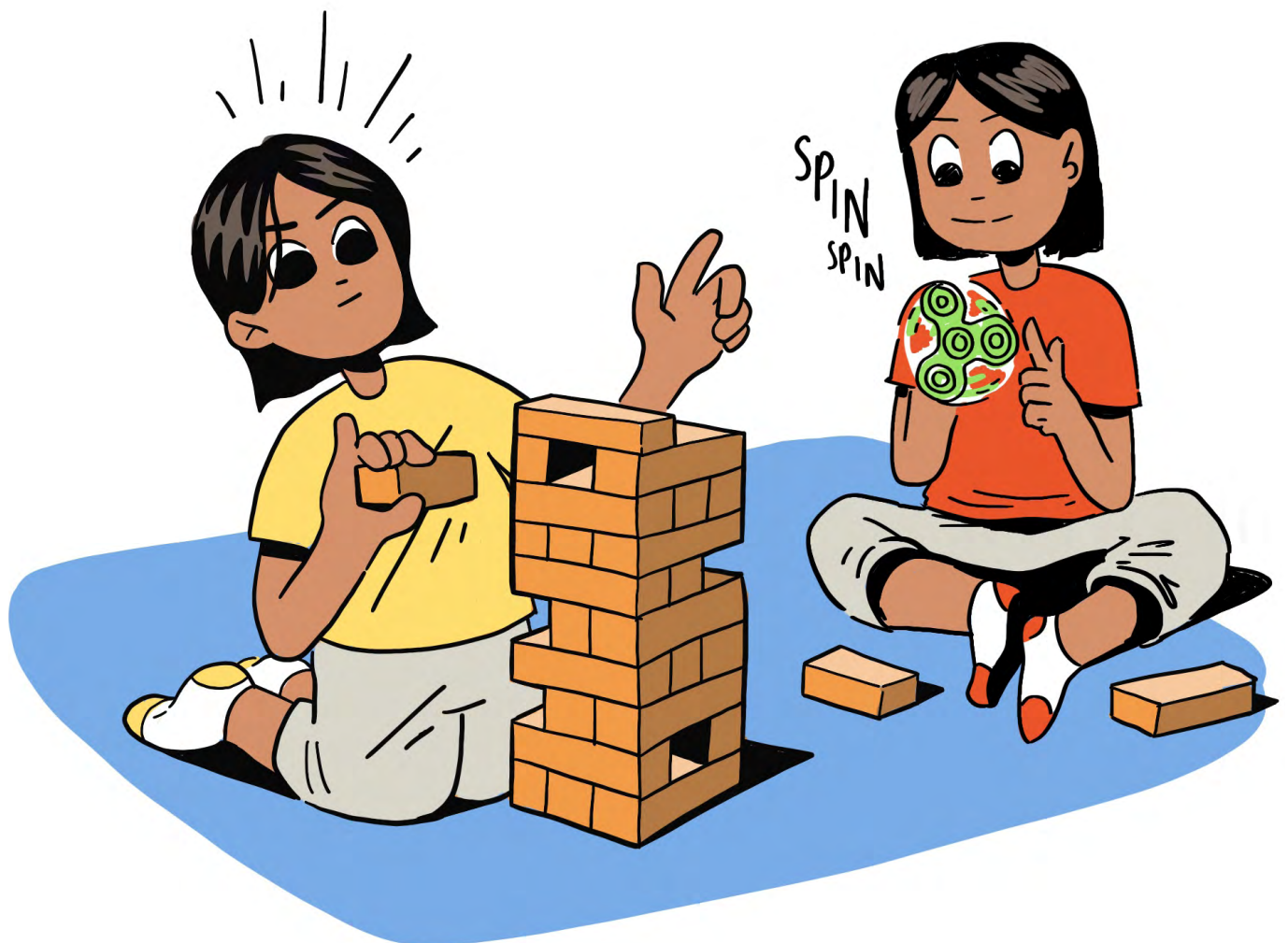
Finished? Put a tick in the box and turn the page!

☐

Back at home

Sometimes autistic children can find it difficult to understand how to take turns and share. That's okay! Taking turns is something we can practice, and get better at it.

When the twins play games together, Alex needs to wait when it's Billy's turn. So, Alex does something fun while they wait for their next turn!



What could you do that is fun while you are waiting your turn?

Put a tick in this box when you've finished this page

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Billy thinks Alex is really cool, so they made a wordsearch about all the amazing things about autistic people!

How many of these words can you find?



Thoughtful

Kind

Joyful

Honest

Energetic

Creative

Trustworthy

Loyal

Finished? Put a tick in the box and turn the page!



What did you learn?

Well done for getting to the end! Alex has made this quiz to see how much Billy knows about autism. Can you complete the quiz too?

		TRUE	FALSE
1	Autism is due to differences in the way people's brains work	<input type="checkbox"/>	<input type="checkbox"/>
2	All autistic people are the same	<input type="checkbox"/>	<input type="checkbox"/>
3	Autistic people sometimes have special interests	<input type="checkbox"/>	<input type="checkbox"/>
4	It can be hard for autistic people if they don't know what to expect	<input type="checkbox"/>	<input type="checkbox"/>
5	A change of plan can still be fun	<input type="checkbox"/>	<input type="checkbox"/>
6	Autistic people can grow up to have an amazing job	<input type="checkbox"/>	<input type="checkbox"/>
7	You can get better at taking turns	<input type="checkbox"/>	<input type="checkbox"/>
8	There are lots of brilliant things about autism	<input type="checkbox"/>	<input type="checkbox"/>

Put a tick in this box when you've finished this page

☐

This certificate is for:

Who achieved the rank of:

AMAZING

**by completing their activity book and
learning more about autism**



**Their grown-ups have agreed to
reward them with:**

A large, empty rectangular box with a white background and a blue border, intended for a reward or message.

Wordsearch solution



Quiz answers

		TRUE	FALSE
1	Autism is due to differences in the way people's brains work	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2	All autistic people are the same	<input type="checkbox"/>	<input checked="" type="checkbox"/>
3	Autistic people often have special interests	<input checked="" type="checkbox"/>	<input type="checkbox"/>
4	It can be hard for autistic people if they don't know what to expect	<input checked="" type="checkbox"/>	<input type="checkbox"/>
5	A change of plan can still be fun	<input checked="" type="checkbox"/>	<input type="checkbox"/>
6	Autistic people can grow up to have an amazing job	<input checked="" type="checkbox"/>	<input type="checkbox"/>
7	You can't get better at taking turns	<input checked="" type="checkbox"/>	<input type="checkbox"/>
8	There are lots of brilliant things about autism	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Thank you to all the children, young people and families who helped make this activity book possible!



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