

Look at the person next to you.

I am good at...


I am scared of...



I don't like...

I enjoy....

Think of 3 things that are the same about you and 3 things that are different.

- "I am tall"
- "I have black hair"
- "I have brown eyes"
- "I am mathematical"
- "I am artistic"
- "I am musical"
- 
- "I can speak Japanese"
- "I am a good speller"
- "I am sporty"
- "I am imaginative"



Experimenting



Listening

Doing



People have different ways of thinking and learning too.

Trying it out

Watching

Reading

Practicing



And you may learn different things best in different ways.



We are *all* different

Your
differences are
what makes
you you.



Autism

Has anyone heard this word before?





Autistic people may experience the world differently to you.

We are all able to cope better with stress one day than we are another depending on how we are feeling.



This is true of people with autism too and you can help by noticing when people are having a tough time and helping out by being kind.

People with Autism may find different things challenging.



Experiencing the world differently

Change makes me anxious.
A predictable routine makes me less worried.

Doesn't like change.



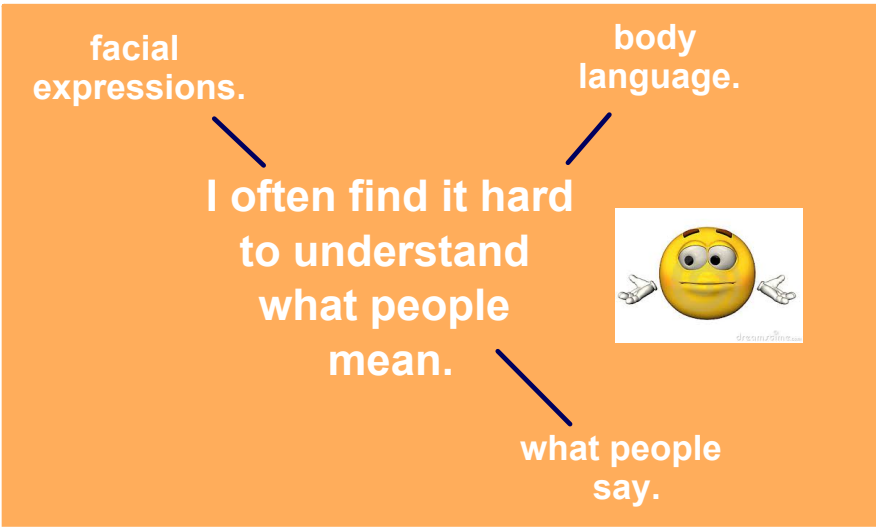
Likes to do the same things over and over.



Experiencing the world differently



Experiencing the world differently



Experiencing the
world differently

I can find it difficult
to communicate
with other people.



Experiencing the
world differently

The input from my
senses can make me feel
overwhelmed.



Doesn't like
bright lights.

Doesn't like
noise.



Can get
scared
easily.





Chris Packham



Dan Akroyd

You may have heard of some of these famous people who are autistic.



Courtney Love



Greta Thunberg

Experiencing the world differently



Likes to do the same things over and over.



Finds talking to people difficult.

Can get scared easily.



Doesn't like bright lights.

Doesn't like noise.

Doesn't like change.



National
Autistic
Society

World Autism
Awareness
Week 1-7 April



How you can help

“They know to be kind.”

”They wait for each other to calm down and recover.”

Be kind

Give space

Wait



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