

We all have things we're good at, and some things that we're not so good at. Can you think of some examples of what? Things I am good at

Things I find difficult

If we were all good at the same things it would be boring! When we have different abilities, we can help each other. Have you ever helped someone with something?

Just like everyone else, people with Autism are good at some things and find other things difficult. They can have great memories, or be really good at art or maths or science. They can be good at lots of things!



People with Autism can find it difficult to talk to other people, and can sometimes find it hard to know what to do when around other people.



They can find it difficult to say what they want to say, or express their feelings.



They can also find it difficult to understand how other people feel, and know how to respond. You can help them by telling them how you're feeling, and why you feel that way. Can you guess how these characters are feeling?



Some people with Autism use different ways to communicate. They can use

Pictures like...



They can use computers



Or they can use their hands. This is called sign language



Can you think of any other ways someone can communicate?

Sometimes people with Autism can say things that might be very honest, they don't mean to hurt your feelings. They may also repeat what you say. They're not being rude or trying to tease you.



They may talk a lot about one topic like cars or animals. They really like these topics, and may not notice that they are talking too much. To help them, you can say you'll listen to their topic if they listen to your favourite topic too. That's called compromise.



People with Autism can find it difficult to learn social rules. Social rules are the rules that we use when interacting with other people. They may behave in ways that seem naughty to you, but they are not trying to be naughty or hurt your feelings, they may not understand that what they are doing is wrong.



You can ask an adult to help you explain the right thing to do, and why it is important. You can also invite them to join in your games, as they may not understand how to ask to join in.



People with autism can find it difficult to understand sensory information.

Sensory information is information that we see, hear, feel, and the information our body takes from the world. This can make it hard for them to cope in busy environments as all the information comes at them at once. It can be confusing or overwhelming.



Are there any sounds that bother you? How would you feel if it was happening and you couldn't get away and couldn't explain how you felt?



If you see a person with autism becoming upset and confused, you can ask them if they would like to go to a quiet place. This can make them feel calmer. Be sure to tell an adult where you are going though!

We have listed a few ways that you can help a person with autism, can you remember what they are?

Well done!

