



Autism
Education
Trust

My Idea Pad

Let's Learn About Autism

My Idea Pad

For 4-7-year-olds



Supported by



All about me

What I do when I am happy? What makes me happy?

e.g. When I'm happy I smile. Lego makes me happy.



What I do when I am sad/worried? What makes me sad/worried?

e.g. When I'm sad I cry. Loud noises make me sad.



All about me

Things I'm really good at:

e.g. Riding my bike / drawing pictures / doing sums



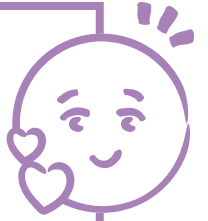
Things I need help with:

e.g. Tying my shoelaces / not being afraid in the dark / maths



All about me

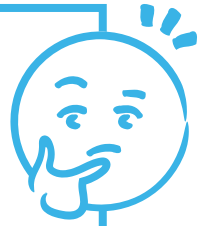
How do I want my classmates to treat me:



Scenario 1

A boy at school hardly talks and doesn't make eye contact. He stays on his own during playtime. He has tried to join in games before but his classmates laughed.

How do you think this made him feel? How could you help?



Scenario 2

A girl doesn't like eating in the lunch hall. She often gets very upset during lunch due to the noise levels and smells of food.

How could you help?



Scenario 3

A child finds it difficult to sit and focus on the whiteboard in class.
He starts to make noises and cover his ears with his hands.

How could you help?



Scenario 4

During circle time, a child never joins in when it is their time to speak or get involved.
They are frightened to say anything which makes them stay quiet.

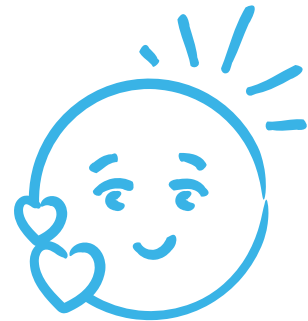
How could you help?



Scenario 1

How you can help

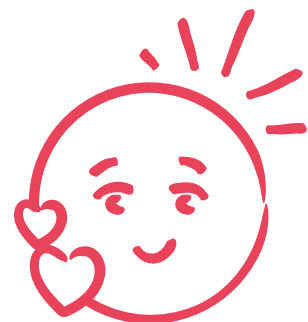
- Remember that some people like having their own space. He might be happy on his own.
- Ask him to join in if he wants to join in with the games.
- Make him feel comfortable.
- Don't laugh at him but be nice to him.



Scenario 2

How you can help

- Do not laugh or talk about her during or after lunch.
- Understand that some people have different tolerances when it comes to noises and smells.
- Do not stare or laugh.
- Be kind and get her support from staff if she needs it.



Scenario 3

How you can help

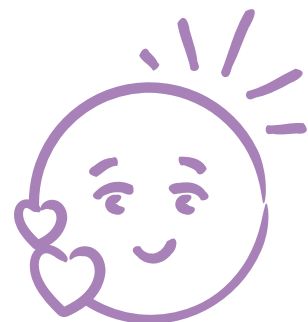
- Do not laugh or stare when someone makes noises or covers their ears.
- Understand that some people struggle to concentrate.



Scenario 4

How you can help

- Encourage your classmate to get involved.
- If you know they have a special interest, you could ask them to talk about this.
- Understand that some people may prefer to communicate by writing.
- Everyone in the class could contribute to circle time without talking, for example by signing or using picture cards.





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For more information on autism, visit:
www.autismeducationtrust.org.uk

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