

UNDERSTANDING AUTISM



ONE PAGE ADULT SCRIPT FOR KS2

What is Autism?

Autism is a condition that affects how the brain works. It can make it harder for people to communicate, socialise, and understand the world around them in the same way that most people do.

What does it mean?

Imagine your brain is like a supercomputer that helps you do lots of things, like talking to your friends, understanding jokes, or even just feeling comfortable in a noisy room. For some people with Autism, their supercomputer works a bit differently. It might process information in a unique way, making it challenging to do some things that others can do easily.

How does it affect people?

- 1** **Communication:** Some people with Autism find it tough to speak, while others might find it challenging to understand what someone else is saying. It's like trying to use a different language that not everyone knows.
- 2** **Socialising:** Making friends and understanding how others feel can be tricky for some people with Autism. They might struggle to pick up on social cues that others find natural.
- 3** **Sensory Sensitivity:** Imagine if your brain turns the volume up on everything around you. Things like bright lights, loud noises, or even certain textures can be overwhelming for some people with Autism.



Suggested activity

To help reinforce understanding, consider organising a classroom activity where students can experience sensory sensitivity. You can set up stations with different sensory experiences, like wearing headphones to hear sounds at different volumes, using sunglasses to simulate sensitivity to light, or touching various textures. This hands-on approach can help students empathise and appreciate the experiences of individuals with Autism.

Supporting someone with autism

Imagine a world where everyone is exactly the same – how incredibly dull that would be! Our diverse strengths and preferences make life vibrant and interesting. Similarly, individuals with Autism have unique qualities that contribute to this rich tapestry. By practicing patience, understanding, and kindness, we can foster a more inclusive and supportive environment for everyone, including those with Autism.

UNDERSTANDING AUTISM



ONE PAGE ADULT SCRIPT FOR EARLY YEARS AND KSI

What is Autism?

Hello friends! Today we are going to learn about something called Autism. Autism is a word that describes how some people see the world and interact with others in a unique way. Just like how each of you has your own favourite colour or way of playing games; people with Autism have their own special way of thinking and understanding things.

How people with Autism see the world

Imagine you have a special pair of glasses that makes everything look a little different. This is similar to how an Autistic person might experience the world. Things that might be easy for you, like making friends or talking a lot, can be more challenging for someone with Autism. They may prefer playing with toys in a certain way or like quiet spaces more than noisy ones.

Understanding feelings and emotions: Sometimes, it can be tricky for people with Autism to understand how others are feeling. For example, if someone is sad, they might not always know why or how to help them feel better. This doesn't mean that they don't care, it's just that they might show their feelings in a different way.

Being kind and supportive: Just like we help each other learn new things or play together, it's important to be kind and understanding towards our friends with Autism. We can use clear words and actions to communicate, be patient when they need extra time to do something, and always treat them with respect and kindness.

A few activities to try to help understand Autism

- 1 Sensory Play:** Set up a sensory station with different textures and materials for children to explore. Talk about how some people, including those with Autism, might have different preferences for textures or sensations.
- 2 Role-Playing:** Act out scenarios where someone is feeling happy, sad, or frustrated. Encourage children to think about how they can show empathy and support towards others, including friends with Autism.
- 2 Story Time:** Read a story featuring a character with Autism. Discuss the character's actions and feelings, and how we can be good friends to someone who sees the world differently.

By learning about Autism and embracing our differences, we can create a kinder and more inclusive world for everyone. Remember, it's okay to be different, and we can all be friends no matter how we see the world.