What is Autism Spectrum Disorder?

Autism is a brain disorder. That means that the brain developed differently.

You can’t see someone’s brain so people might wonder why kids with Autism do certain things.

Kids that have Autism are born with Autism so you can’t catch it. No one knows what causes Autism but they do know it is not anyone’s fault. Autism just happens like when kids are born with allergies.
Some things are harder for students with Autism than they are for other kids. Sometimes students with Autism will have an adult to help them when things get too hard.

Kids with Autism love hanging out with their friends just like you do. Thanks for always doing your best being good friends to your classmates.

Kids with Autism are smart and can do all the same things that other kids can do. It might take some kids with Autism longer to do their work or understand it.

Sensory breaks

When students with Autism become upset or frustrated they do not always know what to do to calm down. Sometimes students with Autism have too much energy and need to take a sensory break to calm down. Kids might go for a walk or bounce on a ball.
Social is all the times when you are with your friends at school like in the cafeteria or out at recess. Students with Autism have a hard time understanding some of those things at school. You guys can help students with Autism understand the social stuff.

Senses work overtime!
Students with Autism have very sensitive senses so you may see students were headphones or earplugs during fire drills. Some students only wear certain types of clothing and eat certain foods.

Some people at school who help kids...
This is Mrs. Rollin and Mrs. Moeggenberg, they are Speech teachers.

They help students remember to take turns when talking with friends. They also helps kids remember that they don’t have to talk loud for people to hear them. They help kids understand what people are trying to say.

This is Mrs. Stempky, she is an Occupational Therapist.

Mrs. Stempky helps kids know when they need to take a break and what to do so their body feels OK. Breaks help kids settle down.

I am the School Social Worker. I talk to kids about friendships and the social stuff about school.
If students with Autism get REALLY upset at school, adults may have to hold them tight.

When adults hold students tight it feels like a BIG HUG. They are OK when adults hold them tight and after a few minutes kids feel better.

Sometimes when kids with Autism get upset at school they go to a place called Time Away.

Time away is a small room just down the hall where students can calm down and then come back to the classroom.

Some things are different about students with Autism but....

We are all different and that is what makes life fun. It is important that we include everyone!
Would you laugh at or make fun of someone in a wheelchair?

NO! You can see their challenge. Just because you can’t see some student’s challenge doesn’t mean it’s not there. You shouldn’t laugh or make fun of people with Autism.

Thanks for listening!

All about me!
Hi! My name is...

I have a very special story to read to you. It is ALL ABOUT ME and something called Autism.

This is my family. My mom, my step-dad, my little sister and me.

This is my Uncle and Aunt.
This is my grandma and grandpa.

I also have a dog named *He is a blue heeler.

I love my family very much and I know they love me too.

I like a lot of things but the really special things are:
That's not all. I also love:

I bet some of you like that stuff too.

Something else about me is I have something called Autism Spectrum Disorder.

That is a really long way to say my brain developed differently.

You can’t see my brain so it is hard to understand what that means. I will try to explain it.
I was born with Autism. The doctor’s don’t know what causes Autism but they do know it is not anyone’s fault that I have Autism, it just happens.

Kind of like some kids are born with allergies or asthma.

Some things are harder for me than they are for other kids. Loud noises seem even louder to me and I don’t always like to be touched. This is because my eyes, ears, nose, skin, and mouth are more sensitive than other kids.

I have a hard time understanding the social stuff at school. Like my voice is louder than it should be sometimes. I don’t always know when it is OK to make noises and when I need to be quiet.
I really like school but some things about school are hard for me so I have an adult to help me during the day, her name is Cheryl.

Cheryl is with me when I get to school until the end of the school day.

I leave the classroom sometimes and go see other teachers. Mrs. B is one of my teachers.

Mrs. B helps me with Math and Reading.

This is Mrs. Moeggenberg, she is my Speech teacher.

She helps me learn how to make sounds and understand what others are saying to me. Sometimes I have a hard time communicating so I will use my hands instead of my words. I don’t mean to hurt you and I am trying hard to use my words to say what I need.
This is Mrs. Stempky, she is my Occupational Therapist.

Mrs. Stempky helps me practice writing, coloring, cutting, and drawing.

When things are hard for me at school I sometimes need to take a break. When I take a break I might go get my blanket and go to the back of the room. Once I feel more relaxed I will come back and be with the kids.

Sometimes when I am upset at school I go to a place called Time Away.

Time away is a small room just down the hall where I can calm down and then come back to the classroom.
If I get REALLY upset at school, adults have to hold me tight.

When adults hold me tight it feels like a BIG HUG. I am OK when adults hold me tight and after a few minutes I feel better.

I know these things are different about me. Sometimes I scribble when I color. Sometimes I have trouble sitting on the rug. Sometimes I have putty or balls in my hands. These are called "fidgets".

These things are different because of my Autism. We are all different and that makes life fun!

Please remember that I like school and friends and want to play with kids. Please include me when you are playing and ask me to do fun things.
I will always have Autism but that is just one part of me and it is getting easier for me every day.

Thanks for listening to my story and if you have any questions, please ask!

All about * and something called Autism Spectrum Disorder

My family
My family

I like a lot of things but some of my favorites are:

Drawing!!
Something else about me is I have Autism

Autism is a neurological disorder. That means my brain developed and is wired differently.

You can’t see my brain so a lot of people wonder why I do certain things. I will try to explain.

I was born with Autism so you can’t catch it. No one knows what causes Autism but they do know it is not anyone’s fault. Autism just happens like when kids are born with allergies.
Some things are harder for me than they are for other people. I have an adult to help me when things get too hard.

Sarah is awesome but I like to spend time with 6th graders too. Please include me when you are doing stuff at school.

People with Autism are smart and can do all the same things that other people can do. Sometimes it takes a little longer for me to understand and complete my work.

I like things to stay the same

I follow a schedule at school just like all the 6th graders but when the schedule changes, like for a fire drill or an assembly, I have a harder time understanding that.
I have a hard time focusing on my schoolwork.

I am really good at making deals. At the end of each hour if I have done my work I can have a few minutes of free time so you may see me drawing or on the computer.

SOCIAL

I have a hard time understanding the social stuff about school. You guys know when it is OK to do or say something and when you might get in trouble. I don’t always understand that so that gets me in trouble sometimes.

Lead me in the right direction!

I trust other people and think they are always looking out for me so please don’t tell me to do something you know is wrong!
My senses work overtime!
My eyes, ears, nose, skin, and mouth are very sensitive.

You might see me wear earplugs at assemblies or during a fire drill. I do not like certain foods because of the texture. I eat a lot of the same things and always bring cold lunch.

Communication!

Sometimes I don’t answer people when they talk to me. When I am in the hallway I am usually thinking about the next thing on my schedule. I may not even hear you. You will hear me “TV talk”, this is called echolalia.

Echolalia

Hearing things and then repeating them at a different time. A lot of people with Autism use echolalia. This is something I do because of my Autism.
That social stuff is so confusing.

If I see you do or say something I will repeat it but I don’t always know when it is OK to repeat it so this can get me in trouble. I will learn from your behavior.

I know some things are different about me but....

I like to hang out with friends and be part of the group. Help me understand the social stuff about being a 6th grader.

Would you laugh or make fun of someone in a wheelchair?

NO! You can see their challenge. Just because you can’t see my challenge doesn’t mean it’s not there. You shouldn’t laugh or tease people with Autism.
Some people you might know that are believed to have Autism are:

Bill Gates
Steven Spielberg
Albert Einstein
Satoshi Tajiri
Thomas Jefferson

I will always have Autism but that is just part of me!

Any questions…..Thanks for listening!

Did you know?
All about (Name)

Something else about me is I have a form of Autism called High Functioning Autism or Asperger’s.

Autism is a neurological disorder. That means that my brain developed differently.

You can’t see my brain so a lot of people wonder why I do certain things.
I was born with Autism so you can’t catch it. No one knows what causes Autism but they do know it is not anyone’s fault. Autism just happens like when kids are born with allergies or asthma.

Some things are harder for me than they are for other kids. I have an adult to help me when things get too hard.

I still want to spend time with friends so please include me when you are playing.

Kids with Autism are smart and can do all the same things that other kids can do. Sometimes it takes a little longer for me to understand and complete my work.
SOCIAL

I have a hard time understanding the social stuff about school. Like my voice is louder than it should be sometimes. I don’t always know when it is OK to make noises and when I need to be quiet.

My senses work overtime!

My ears, eyes, nose, skin, and mouth are very sensitive.

Communication

Sometimes I argue and interrupt others when they are talking. I am learning how to wait my turn when talking.
I take sensory breaks

When my energy is too high
I will take a break and walk
or bounce on a ball. These
things help me calm down.

I know some things are
different about me but....

I still like to hang out with
friends and be part of the
group. Please help me learn
the social stuff about being a
4th grader.

Would you laugh at or make
fun of someone in a
wheelchair?

NO! You can see their challenge.
Just because you can’t see my
challenge doesn’t mean it’s not
there. You shouldn’t laugh or
make fun of people with Autism.
Some people you might know who have Autism are:

Bill Gates
Steven Spielberg
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Thomas Jefferson

I will always have Autism but that is just a part of me!

Any questions... Thanks for listening!