

April 2 Is Autism Acceptance Day!



Do you know anyone with autism? _____

Autism is also called Autism Spectrum Disorder. Some people just call it “being on the spectrum.” People with Autism have different learning and social challenges. Some are strongly bothered by loud noises, and may need to make certain noises or movements to feel calm again. Some people with Autism may not speak or make eye contact. This does not mean they are unintelligent. It just means that their brains work differently. Many people with Autism are extremely smart and talented. Each person with Autism is unique and has a different combination of traits.

Have you ever had someone think something about you based on one piece of information? _____

This is called making an assumption. Most people don’t like others to make assumptions about them. It’s important to not make them about others.

How can you show kindness to people with Autism?

- Don’t ask someone if they have Autism because they “look” like they do. If they want to tell you, they will.
- Sometimes Autism may not be noticeable in a person. Treat all new friends as an open book, who will surprise you in many ways.
- If a child seems uncomfortable or unsure, be friendly and ask in a nice voice what they like to play and how.
- Be patient and respectful.
- Just get to know them as a person. Don’t expect them to be able to do everything you do. But also, don’t expect them to be incapable of doing everything you do.
- Remember that just because someone may communicate or act differently doesn’t mean their feelings are different from yours. They still have feelings just like you.

On the back, color in the heart with pictures of ways to show kindness.

