



Together for Neurodiversity
Empowering Futures, Embracing Differences

The Autistic Explorer Activity Book



Discover your brilliance!



Hi there! I'm Lily and together we are going to explore all the amazing things about being autistic.

Hello! I'm Jack. I can't wait to explore with you and find out what being autistic really means.



What is Autism?

Autism is a way that some people's brains work. It means their brains think and feel differently from others. Being autistic makes you unique, just like how everyone has different talents and interests.

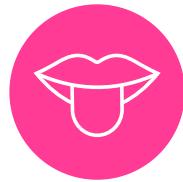


What makes you unique?

I am unique because...



Our Senses



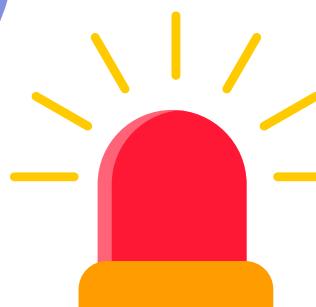
Some autistic people might see, smell, taste, or feel things differently. This means they might love certain sounds or textures, or they might find some things too loud or scratchy.



I love the feel of soft, fluffy blankets.

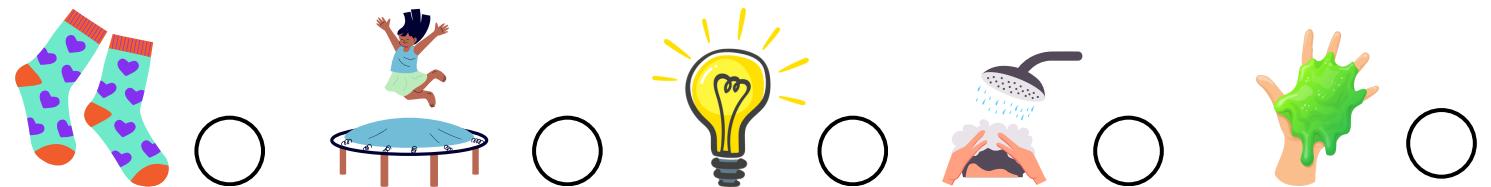
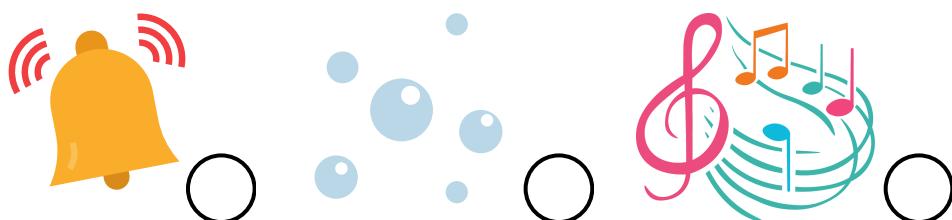


I hate the sound of loud alarms!



Your Senses

Tick the things that you love and put a cross by the things that are difficult for you.



Things I love...

Things I find difficult...

Communication

Autistic people communicate differently. They have their own communication style. Some people communicate by talking, some by using pictures, some use an iPad, and some use sign language.



Autistic people can find communicating hard. They might not always understand people when they speak especially when they use sarcasm and metaphors.



Social Skills

Social situations can be tricky sometimes. For some of us, it can be hard to understand what others are thinking or feeling, know when to talk or listen, and make friends. But don't worry! We can learn and practice social skills together. Let's explore some fun activities to help with social situations!



Social Skills

Pretend play is a great way to practice social skills. Try acting out these scenarios with a friend, family member, or even your toys!



Meeting a new friend

Pretend you are meeting someone new. What would you say? How would you introduce yourself?

Sharing Toys

Imagine you want to play with the same toy as someone else. How can you ask to share it?

Emotions

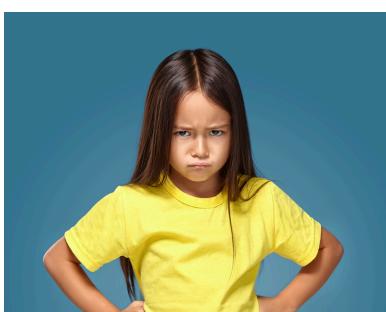
Understanding other people's emotions can be hard especially for those of us who are autistic. Look at the pictures below and match each face with the correct emotion. If you get stuck, ask a grown up to help.



Happy



Angry



Sad



Surprised

Conversations

Starting a conversation can sometimes be hard. Here are some fun questions to ask when you want to talk to someone. Practice these with a friend or family member.



What is your favourite game to play?

Do you have any pets?

What do you like to do for fun?

What's your favourite movie?

Think of your own conversation starters. Write or draw them here.

All About Stimming

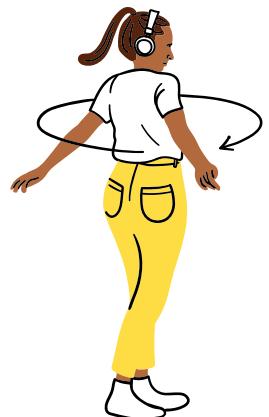
Stimming is when you do something with your body to help yourself feel good. It can be moving, making sounds, or using your senses. It's a way to express yourself and feel more comfortable. Let's explore some fun ways to stim!



Hand flapping



Rocking



Spinning



Tapping



Fidgeting



Bouncing

My Stims

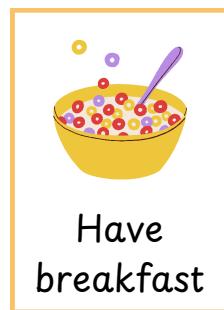
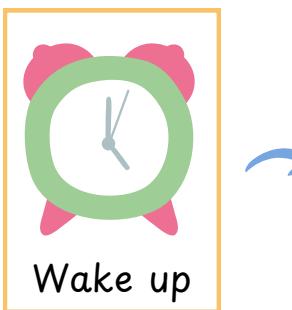
How do you stim?
Tick the ways that
you stim and add
some of your own.



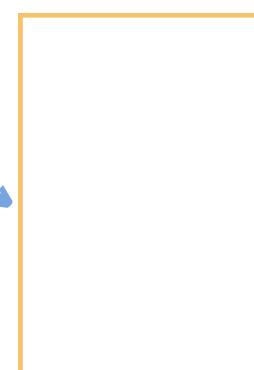
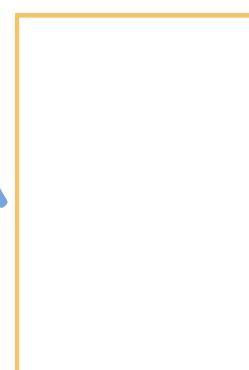
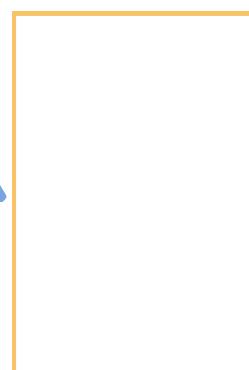
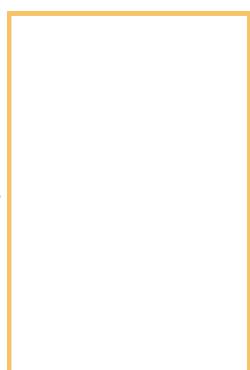
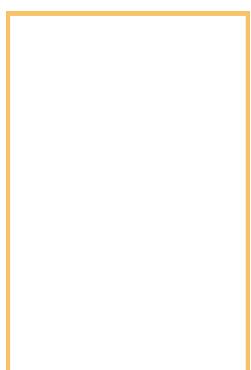
<input type="checkbox"/> Rocking	<input type="checkbox"/> Singing
<input type="checkbox"/> Flapping	<input type="checkbox"/> Banging
<input type="checkbox"/> Spinning	<input type="checkbox"/> Biting fingernails
<input type="checkbox"/> Tapping	<input type="checkbox"/> Whistling
<input type="checkbox"/> Clicking	<input type="checkbox"/> Clapping
<input type="checkbox"/> Jumping	<input type="checkbox"/> Bouncing legs
<input type="checkbox"/> Chewing	<input type="checkbox"/> _____
<input type="checkbox"/> Repeating words	<input type="checkbox"/> _____
<input type="checkbox"/> Humming	<input type="checkbox"/> _____
<input type="checkbox"/> Swinging	<input type="checkbox"/> _____
<input type="checkbox"/> Doodling	<input type="checkbox"/> _____
<input type="checkbox"/> Playing with your hair	<input type="checkbox"/> _____

Routines

Routines can be very helpful for autistic people. They help us feel safe and help us to know what happens next. Can you fill in your morning routine below?



Here's my routine!



Awesome Traits

Did you know that being autistic comes with a lot of awesome traits? We all have special qualities that make us unique and amazing. Can you find the awesome traits in the wordsearch below?



O	T	N	E	T	S	I	S	R	E	P	Honest
B	C	D	M	S	Q	L	R	E	E	K	Creative
S	O	A	J	K	L	N	H	L	H	C	Loyal
E	S	N	T	I	L	V	O	I	W	R	Kind
R	P	A	S	S	I	O	N	A	T	E	Observant
V	V	A	T	D	H	L	E	B	H	A	Passionate
A	O	R	B	C	W	A	S	L	N	T	Persistent
N	Q	K	R	J	C	Y	T	E	O	I	Thoughtful
T	L	C	U	R	I	O	U	S	U	V	Curious
E	S	D	N	I	K	L	P	L	R	E	Reliable
L	U	F	T	H	G	U	O	H	T	C	

People who help us

Did you know there are many people who can help us understand and celebrate our autistic selves?

These helpers can be family, friends, teachers, and other special people. Let's learn more about the people who support us and how they help!



Think about the people in your life who help you. Draw a picture of each person and write or tell a little bit about how they help you.



Helping Ourselves

Sometimes, being autistic means we experience the world differently. That's okay! There are lots of ways we can help ourselves feel better and stay happy.



You can wear ear defenders if things are too loud.



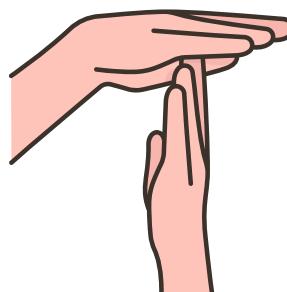
You can use fidget toys to help focus and stay calm.



You can wear sunglasses if it's too bright.



Weighted blankets can help you regulate by giving deep pressure.



Ask for a break when you need one.



You can practice deep breathing.

What other ways can you think? Write or draw them below.

Affirmations

Sometimes, we need a little reminder of how amazing we are. Positive affirmations are kind words and thoughts we can say to ourselves to feel happy and confident. Let's explore some of them below to help us feel great about who we are!



I believe in me

I can do this

I matter

I am loved

I can do anything

I am brave

I am kind

I am amazing

Affirmations

Can you think of
some of your own
affirmations
below?



I am

I am

I can

I can

I love

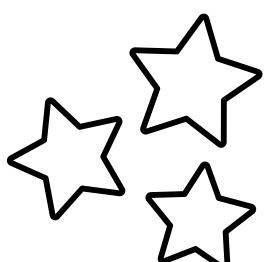
I love

I AM

AUTISTIC

AND THAT

IS AWESOME



What did you learn?

We've explored a lot about being autistic and how special that makes us. Now, let's think about all the cool things we've learned. Reflecting helps us understand ourselves better and celebrate our unique journey. Ready? Let's dive in!



Tick to show if these statements are true or false.	True	False
Everyone's brains are exactly the same.		
Stimming is bad for you.		
Every autistic person is unique.		
Autistic people have their own communication style.		
Everyone sees, hears, smells, and feels the world in the same way.		
Routines can help autistic people.		



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THIS CERTIFICATE
IS AWARDED TO

FOR BECOMING
AN AUTISM
EXPLORER

Signed

Date