

Kids Booklet ON Autism

puzzles,
activities & info
inside!

Hi!

This booklet is just for you – Kids in kindergarten through 5th grade! It has information about kids and grown-ups with autism and fun activities, too.

This booklet will answer some of your questions about autism. If you have more questions or feelings you need to talk about when you're finished, be sure to talk to a parent, teacher, or another grown-up.

Have fun!



BE DIFFERENT! BE YOU!

Being different is okay. It's what makes our world an interesting and exciting place.

Here are some unique qualities that some kids with autism might have:



EYE CONTACT

Some people with autism do not look others in the eye. Just because they are not looking at you, doesn't mean they do not care about what you are saying or don't hear you.



PREFER QUIET PLACES

Loud noises can make anyone nervous or scared. For kids with autism, loud or many different sounds happening at the same time can be extra scary or hurt their ears a lot.



After reading this booklet and completing these fun activities, return here and write on the lines below how you can be kind or friendly to someone different than you.



Questions & Answers about Autism



What is autism?

Autism affects how the brain works and might make it hard to talk, understand other people or learn new things.

How do you get autism?

You are born with autism just as some people are born with brown hair and some people are born with freckles. Scientists are trying to figure out exactly how autism happens and how to teach children with autism.

Why can't some people with autism talk like other people?

Many people with autism have a hard time using words and may even say the same word or sentence over and over. Some people don't talk but instead use their hands, pictures, or even an iPad. Then, there are other people with autism who can talk just like you.

Are all people with autism the same?

No. People with autism have many different things that they

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like to do and are good at. Every person in the world is unique in his or her own special way. How are you special? If you know someone with autism, how is he or she special?

What are people with autism like when they grow up?

People with autism can learn to do all sorts of things when they grow up. They might have a job at a store, as an artist, or working on a computer. Some of them get married and have a family; some live on their own or with roommates and others will need a lot of help throughout their lives.

How should I act around someone with autism?

You should always try to be a caring person. Act like you usually would. If you are not sure how to hang out with a kid with autism, maybe a grown-up could show you how to get his/her attention. Even if someone with autism acts differently than you, they still have feelings and care about you. So just be yourself when you are with someone with autism. You may even make a new friend!

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Why is it important to spread autism awareness?

When people do *not* know about autism...

- They might make fun of someone with autism.
- They might be afraid of someone with autism.
- They will not know how to act around someone with autism.

Color Ribbon

Go to www.autismnj.org/hub to download and print an awareness ribbon coloring page.

Autism Awareness Secret Message

APRIL is Autism Awareness Month!

What can you do to help?

Directions:

This puzzle is called a Cryptogram. At the top there is a KEY that lists all the letters from A thru Z with a box below. Each of the letters has a corresponding number. The bottom part contains a secret phrase. Each of the blanks has a number underneath it. Fill in the letters that correspond to the numbers below the blanks to solve the phrase.



A	B	C	D	E	F	G	H	I	J	K	L	M
6	17	19	2	4	20	22	16	1	5	26	25	11

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
10	9	7	8	18	24	15	21	12	3	14	23	13

.3

.2

.4

.12

.11

.5

.13

.1
.20

.19

.6

.10

.14

.7

.18

.9

.15

.16

.8

.17

17 4 26 1 10 2 6 10 2

21 10 2 4 18 24 15 6 10 2 1 10 22

Awareness Word Search



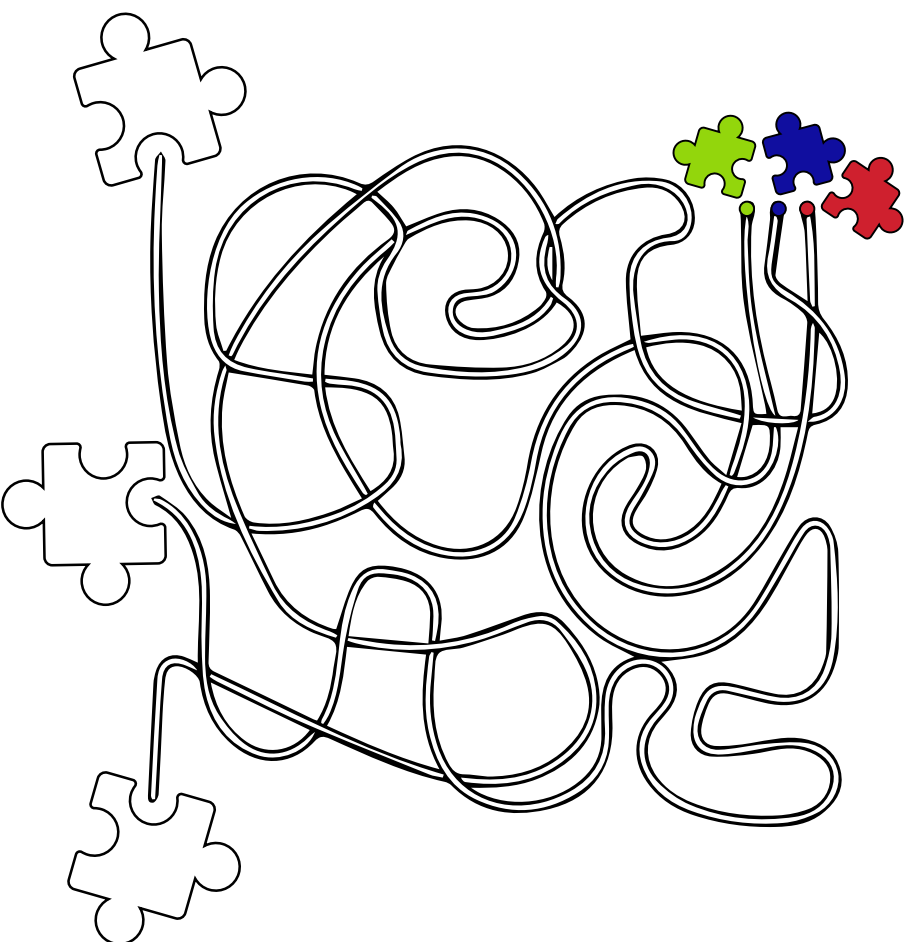
ACCEPTANCE
 APRIL
 AUTISM
 AWARENESS
 FAMILY

FRIENDSHIP
 GROW
 KINDNESS
 PLAY
 PUZZLE

P P N A G M O S Z S E U B V A
 A I U K D B H G Z S W U G I P Z
 F E H Z W O R G R E N L X D A
 D F K S Z B A G S U H R W U I G F T
 E E Y G D P N E V A W L X D A X
 I X V O P N E V H R W U T I K E M
 U T L Y I D F W Z Q B I S A W J R A N
 S Q Z X N F D O B I S A W J R A N
 Q S C N F D O B I S A W J R A N
 H U I Q W F O B I S A W J R A N
 Y K M Q H F O B I S A W J R A N
 C A J H Q H F O B I S A W J R A N
 S P L Y H F O B I S A W J R A N
 I G G P K F F Z C C B D U O P Y Z F Q
 E C N A T P E P C C B D U O P Y Z F Q

Bring the pieces together for
 Autism Awareness

Follow the path of the
 puzzle pieces to see
 which piece it matches
 with at the end and
 then color it in!



Junior Ambassadors

If you are interested in spreading autism awareness in your school or neighborhood, ask a grown-up to register you for Autism New Jersey's free Ambassador Program. Learn more by visiting our Ambassador Hub, www.autismnj.org/hub.

Contests

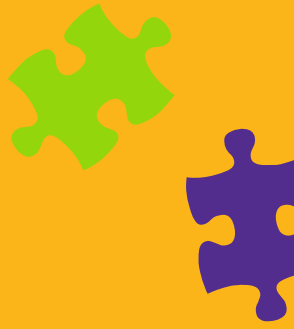
In April, we have fun contests like our Autism Awareness Bookmark Contest. The winner will have his/her art printed on the back of next year's Autism Awareness Bookmark. See details at, www.autismnj.org/hub.

Attention Teachers!

Help Prevent Bullying
Help students to understand ways in which we are all different and that having a disability is simply one of these differences. Establishing peer support programs and activities can reduce bullying and promote friendships..

Check out "In the Schools" of our Hub, www.autismnj.org/hub for kid-friendly resources like these:

- Autism Awareness Crafts and Activities
- Kid-friendly Presentations
- Downloadable Tools like the Kids Q & A
- Recommended Reading Lists





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