



## Understanding Your Friend with Autism Spectrum

- ✓ I love routine and order
  - Help me to keep things in the right order
  - Show me how to put things carefully back on the shelf
  - Show me pictures of what you want me to do
  
- ✓ Sometimes pictures help me to know what to do
  - Show me pictures or show me where the pictures are on the wall
  
- ✓ Sometimes I need to line things up
  - Please don't mess up my lines. It makes me sad and mad
  
- ✓ I like things to happen exactly the same way each time
  - When you do things the same way, I understand you better and I remember what to do
  
- ✓ I get confused with some words
  - Please tell me exactly what you and say what you mean
  - "It's raining cats and dogs" really means, "It's raining very heavily"
  - "It's a piece of cake" really means, "It's very easy"
  
- ✓ I don't always understand the feelings that you are showing me on your face
  - So please tell me what you are feeling: Angry, sad, disappointed, happy...
  
- ✓ I don't always know how to talk to people. Sometimes I talk too much and sometimes not very much
  - Please don't think I am rude. Tell me when I am talking too much in a kind way

- ✓ I like to be organised but I'm sometimes forgetful
  - Help me by reminding me to pick up my pencils and put them in the pencil case, or remind me to take my things to the library when we go there
  
- ✓ I can't always look at you when I'm with you and you are talking to me
  - Sometimes I have to look away or down. It might look like I'm not listening.
  - I can't hear you and look at you at the same time
  - Always get my attention first before you start talking
  
- ✓ I sometimes don't like to be touched as it can feel like I'm being hurt
  - To get my attention please call my name first
  
- ✓ I sometimes get very focused on what I am doing
  - I don't always notice that you want me to play. Come back and ask me again at another time when I am ready
  
- ✓ I sometimes can't play with you so I will ignore you when you come and ask me to play
  - Please ask me to play again later during the day when I am feeling better

