



Grades  
K-1

ORGANIZATION FOR AUTISM RESEARCH

# Kit for Kids Activity Booklet





## Being Different

Look at your friends. What do you see? Some are boys, some are girls. Some have brown hair, some have yellow hair. Some are tall, some are short. They are all different. But, they are also the same in some ways. They all have feelings and they want to have friends.



## What Does It Mean to Have Autism?

Kids like Nick don't always think and act the same as you because their minds work differently. Sometimes they have a hard time talking, learning, or playing with you – even if they want to. But they are still kids just like you. They go to school and have friends. They may also like the same things as you, like swimming, art, or playing outside.

Do the next activity to learn more about what makes us the same and different.

We like the same things as our friends. We also like different things than our friends. This makes each of us our own special person. Circle things that are true for you. Share with your classmates what you circled. You will see some of your friends circled the same things, and some of your friends circled different things.

I have a brother

I have a dog

I like summer

I am an only child

I have brown hair

I have a sister

I like carrots

I like to read

I like movies

I have yellow hair

I have a cat

I am a twin



I like the color blue

I like math

I am a little brother/sister

I like apples

I like to play outside

I have a fish

I have blue eyes

I like the color green

I have red hair

I am a big brother/sister

I like winter

I wear glasses



Having autism makes Nick act differently than his friends. But he still has things in common with the other kids in his class. Below are some things that describe Nick. Circle things that also describe you and share with a classmate. You will see you, Nick, and your friends all share some things in common.

I learn best from pictures

I like to be alone sometimes

I am a loyal friend

I smile a lot

I am honest and trustworthy

I have a lot of energy

I do not like to be touched

I like to dance to music

I like to do the same thing every day



I like to play with toys

I flap my arms when I am excited

I like everyone

I like to be in a group sometimes

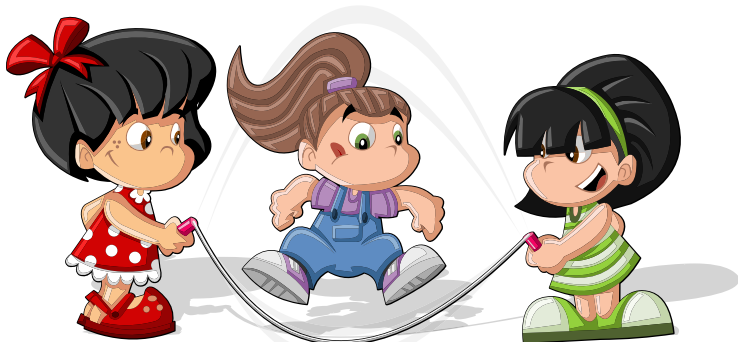
I do not like loud noises

I have a great memory

I tell my friends about things I really like

I do not look people in the eye

I do not like bright lights



## Using Our Senses



We all have five senses: sight, smell, touch, taste, and sound. We use our senses to learn about the world around us. Our senses tell us if we like or dislike something we eat, if something is too quiet or loud, and if it's night or day.



## What Does It Mean to Have Autism?

Kids like Nick use their senses to learn about the world, too. Their senses may cause them to be upset or excited over things that do not make you feel the same way. A light can be too bright and hurt their eyes, or a smell can make their head hurt. Kids like Nick may not like people touching them or their things. This is because their senses work a little differently than ours.

Do the next activity to learn more about how kids with autism have senses that work differently.

Autism makes Nick hear, see, smell, feel, and taste differently than us. There are some good ways to make it easier for him to learn and enjoy class with his friends. Connect ways to make the classroom easier for Nick to the sense they affect.



**Hearing**

**Smelling**

**Seeing**

**Touching**

**Tasting**

Keep our hands to ourselves

Turn off bright lights

Bring snacks everyone likes

Open windows when we paint

Use indoor voices



Keep the hallway door closed

Put toys where they belong

Stop pushing classmates

Use soap that doesn't smell to wash our hands

Offer healthy snacks

**Tasting**

**Smelling**

**Seeing**

**Touching**

**Hearing**

## About Autism

Autism is a disorder. You cannot catch autism like a cold or the flu. Doctors and scientists think autism affects every kid differently.

## What Does It Mean to Have Autism?

Some kids with autism do not like bright lights or loud noises more than other kids with autism. Every friend with autism is different from other friends with autism, just like you are different from your friends. But our friends with autism are also kids just like you! And like you and your friends, they like to play, have friends, and learn.

Do the next activities to learn more about autism.





Unscramble the following words in each of the sentences to learn more about autism. Use the word bank for hints!

1. Autism

3. Learn

5. Senses

2. Disorder

4. Friends

1 All kids are happy when they have \_\_\_\_\_.  
(defrins)

2 Autism is a \_\_\_\_\_.  
(rdsdroedi)

3 All kids like to \_\_\_\_\_.  
(rneal)

4 Autism affects our five \_\_\_\_\_.  
(nesses)

5 Today, we learned about \_\_\_\_\_ and how it's okay to be different from our friends.  
(mutsia)





Find all the hidden words! Each of the words is related to autism and our new friend, Nick. Can you find them all?

AUTISM  
FRIENDS

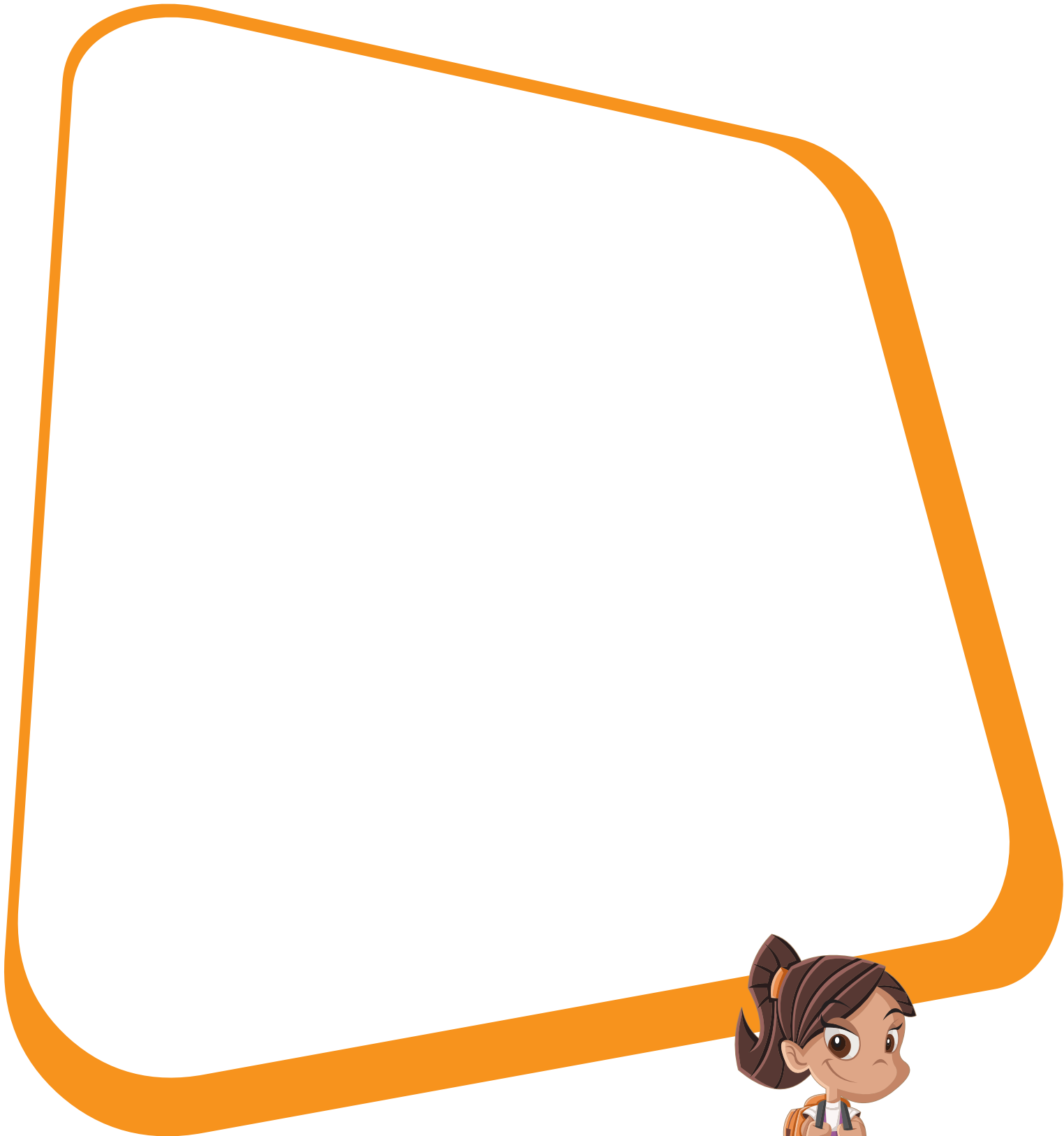
SENSES  
NICK

DISORDER  
SCHOOL

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



Now that you know more about Nick and autism, you are ready to be a great friend. Draw a picture showing how you would be a good friend to Nick or other kids with autism.





# Is a Good Friend to kids With Autism



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