

Celebrating Difference Workbook

Celebrating what makes each of us unique

This booklet helps you explore who you are, what you are good at, and what you like. You will think about your senses, how you learn best, and how we are all different and that's what makes us special.

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**World Autism
Acceptance Month**

All About Me

It's time to show who YOU are!
You can write or draw in the
boxes below.



This is me (draw a self-portrait)

My favourite lesson at school

My favourite activities

What I want to be
when I grow up



Idea: Use your favourite colours and
draw objects that represent you!



Our Differences



You can do this on your own or with a friend.

- 1 Choose a shape to represent you.
- 2 Look at the statements below.
- 3 Put your shape next to the statements that are true about you.



I wear glasses



I have blonde hair



I am left-handed



I have blue eyes



I have freckles



I have a pet



I love football



I like writing stories



I like maths



I am good at remembering facts



I am kind



I am funny



I like to help people



I like playing with friends



I like quiet spaces



I like being outdoors



Tip: You could draw your favourite shape next to statements that represent you, or cut out the statements and sort.

Look at this: Some things are the same as your friends, and some are different. And guess what? You're amazing just the way you are!

My Strengths and Things I'm Learning

Everyone is good at different things!

Some things we're great at, and some things we are still learning... That's okay!

What to do:

- 1 Pick two colours: one for things you're good at, one for things you want help with.
- 2 Make a mark next to each thing.

Social Skills

- ☐ Helping others
- ☐ Being kind
- ☐ Sharing toys
- ☐ Trying new things

Creative Skills

- ☐ Drawing
- ☐ Painting
- ☐ Colouring
- ☐ Making models
- ☐ Singing
- ☐ Dancing

Physical Skills

- ☐ Running
- ☐ Jumping
- ☐ Skipping
- ☐ Dancing
- ☐ Riding a bike

Thinking & Learning Skills

- ☐ Counting
- ☐ Solving puzzles
- ☐ Writing
- ☐ Using a computer
- ☐ Adding up
- ☐ Reading
- ☐ Spellings

Wow!

Look at all the things you can do! You could swap sheets with a friend and see what you have in common and what makes you different.



Exploring Our Senses



Did you know we have 8 senses?

Everyone's senses work in their own way. Some things we like, and some we don't. These are called sensory preferences.

Activity:



Put a tick if you like it.



Put a cross if you don't like it.

Taste



- ☐ Crunchy foods
- ☐ Salty foods
- ☐ Strong flavours
(like curry or spicy crisps)
- ☐ Plain foods
- ☐ Smooth foods
(like yoghurt)

Movement



- ☐ Spinning in circles
- ☐ Climbing
- ☐ Running fast
- ☐ Fairground rides
- ☐ Dancing
- ☐ Rocking in a chair
- ☐ Jumping up and down
- ☐ Being upside down
- ☐ Being up high
(like the top of a slide)

Vision



- ☐ Sparkly objects
- ☐ Colourful rooms
- ☐ Spinning toys
- ☐ Bright lights

Smell



- ☐ Fruity smells
- ☐ Smell of flowers
- ☐ Smell of soil
- ☐ Smell of cooking food



How I Learn Best

Activity:



Make a mark next to the things that help you learn best.

Learning My Way

Everyone learns in their own special way. Some things help you concentrate, and some things make it harder.

The lights are not too bright

The room is quiet

I know what is going to happen

I get help from an adult

I can move my body

I can ask for help

I have space around me

I can touch and explore things

I can take a break if I need one

I can work with other children

I can talk about my ideas

I can use pictures to help me

I have a fidget toy

I can sit on the carpet

Fun idea

Use your favourite colour to mark a tick next to the things you like!