

# Are You Autism Aware?

## Be Sensitive

Avoid sensory overload – loud noises, flashing lights and sudden visual or aural stimuli. Be aware of touch as well – how comfortable is it to sit on that carpet?



## Find a Safe Place

When feeling overwhelmed or anxious, children with autism need a quiet, stress-free, safe place where they can go.

## Be Flexible

All people are different and what works for one person may not work for another. Keep an open mind and prepare to change what you do.



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## Be Clear

Use clear, simple language. Say what you mean. Don't use exaggeration, metaphor or sarcasm. Anticipate changes in routine.

This classroom is a pigsty!

## Use Visuals

Most people with autism find it easier to understand the world through visual clues and images.

What's the meaning of the Finnish word 'koira'?  
Does this help?

