

# AUTISM



# SUPERHEROES!

Autism affects around 1 in 100 children, those who attend mainstream schools can benefit greatly from staff and peers who understand and know how to respond to their needs.

This book is aimed at raising awareness of autism amongst pupils in mainstream primary schools. There is also a comic strip style version of this book which may be more enjoyable for Key Stage 2 pupils.

After reading these books, children can sign up to be an Autism Superhero, and receive an Autism Superhero Certificate online by visiting:

[www.ASDinfoWales.co.uk/superhero](http://www.ASDinfoWales.co.uk/superhero)

This resource forms part of the whole school autism awareness raising programme, 'Learning with Autism'.

More information about the programme and additional resources can be found at:

[www.ASDinfoWales.co.uk/primary-school](http://www.ASDinfoWales.co.uk/primary-school)

This book was written by Johanna Manikiza, National ASD Development Lead, and illustrated by Amy Moffitt.



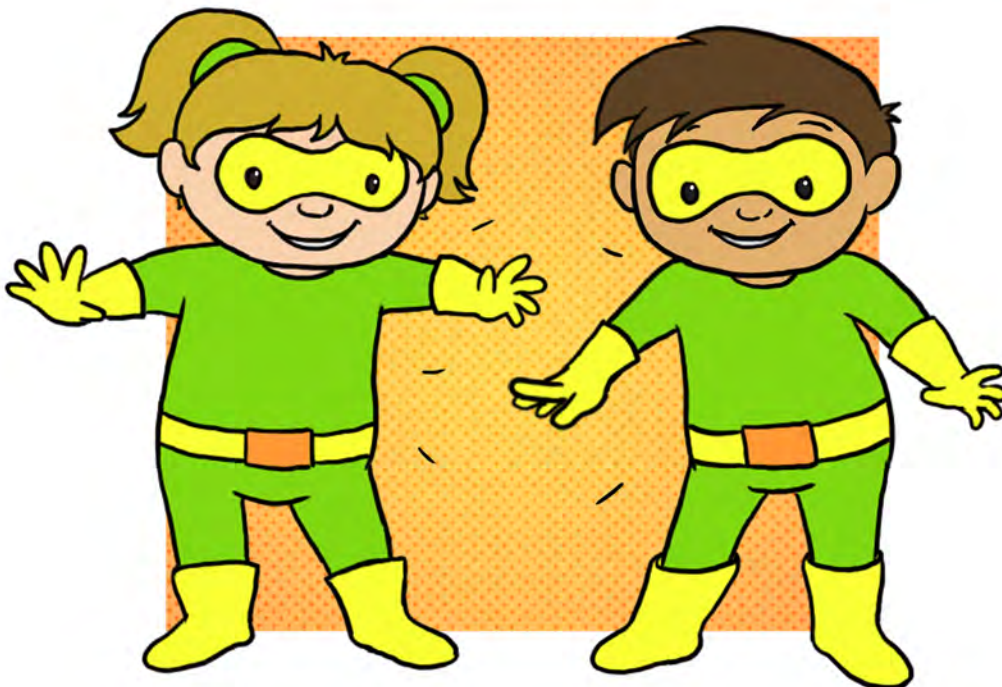


## **Meet the Autism Superheroes!**

**They are brave and strong and make sure kids with autism always have friends! They know that kids with autism are awesome, and can have really cool talents, or know lots of really cool stuff!**

Have you ever wanted to be a superhero?

Megan and Dylan want to be superheroes...



...so we're going to show them how, and you can learn too!

Changing how you act will help kids with autism, and you must never be mean!





Megan and Dylan can phone the superheroes any time they need some help.





**Later that day, the superheroes get a call from Dylan and fly to help him out.**



**Dylan asked Aled to hang out, but Aled doesn't understand and thinks Dylan wants to actually 'hang out', but really he wants Aled to come and skate with him!**



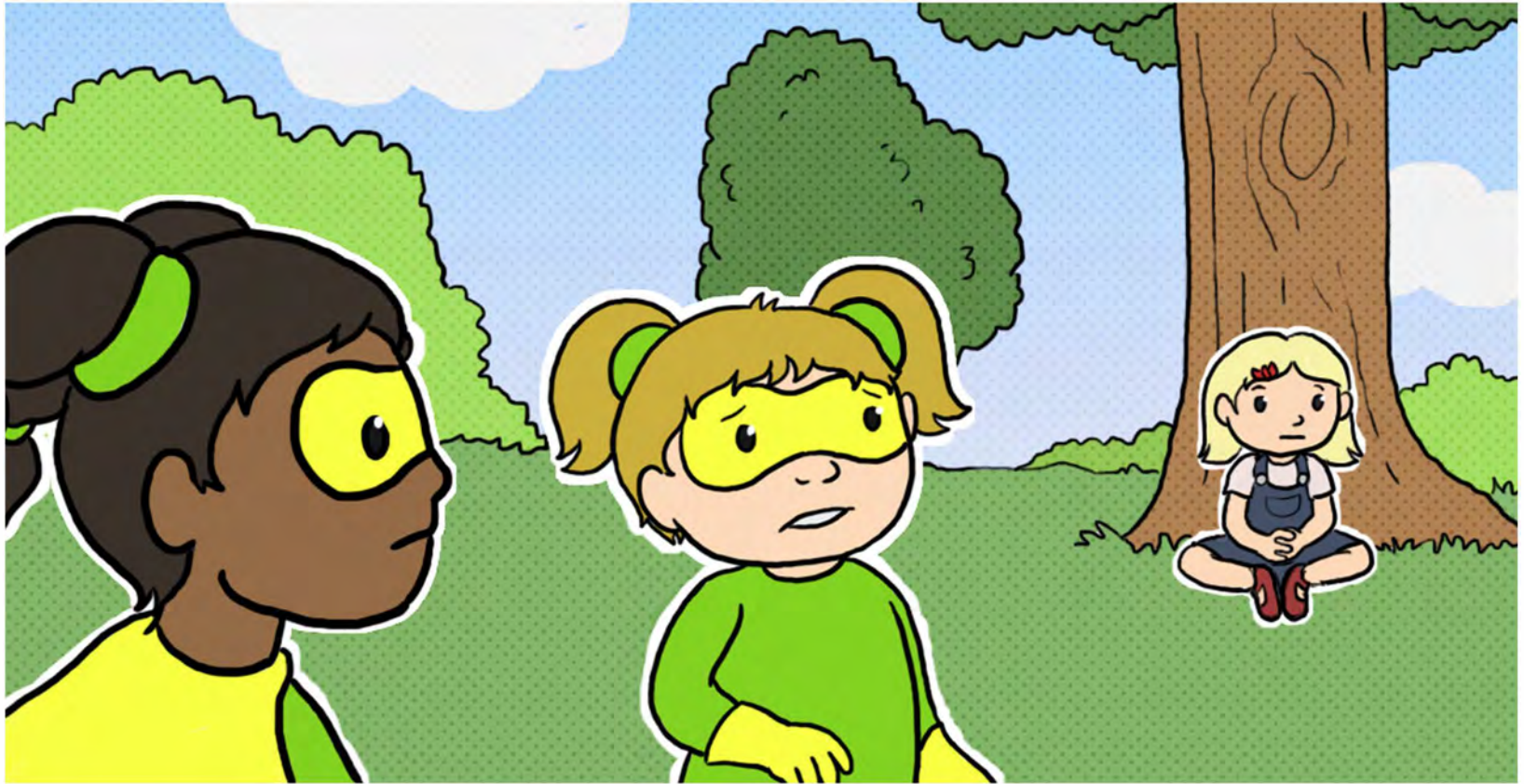
**You should always say exactly what you mean to someone with autism. When Dylan asks Aled to skate with him, he understands this much better.**





**Now Megan needs  
some help so she  
phones the  
superheroes.**





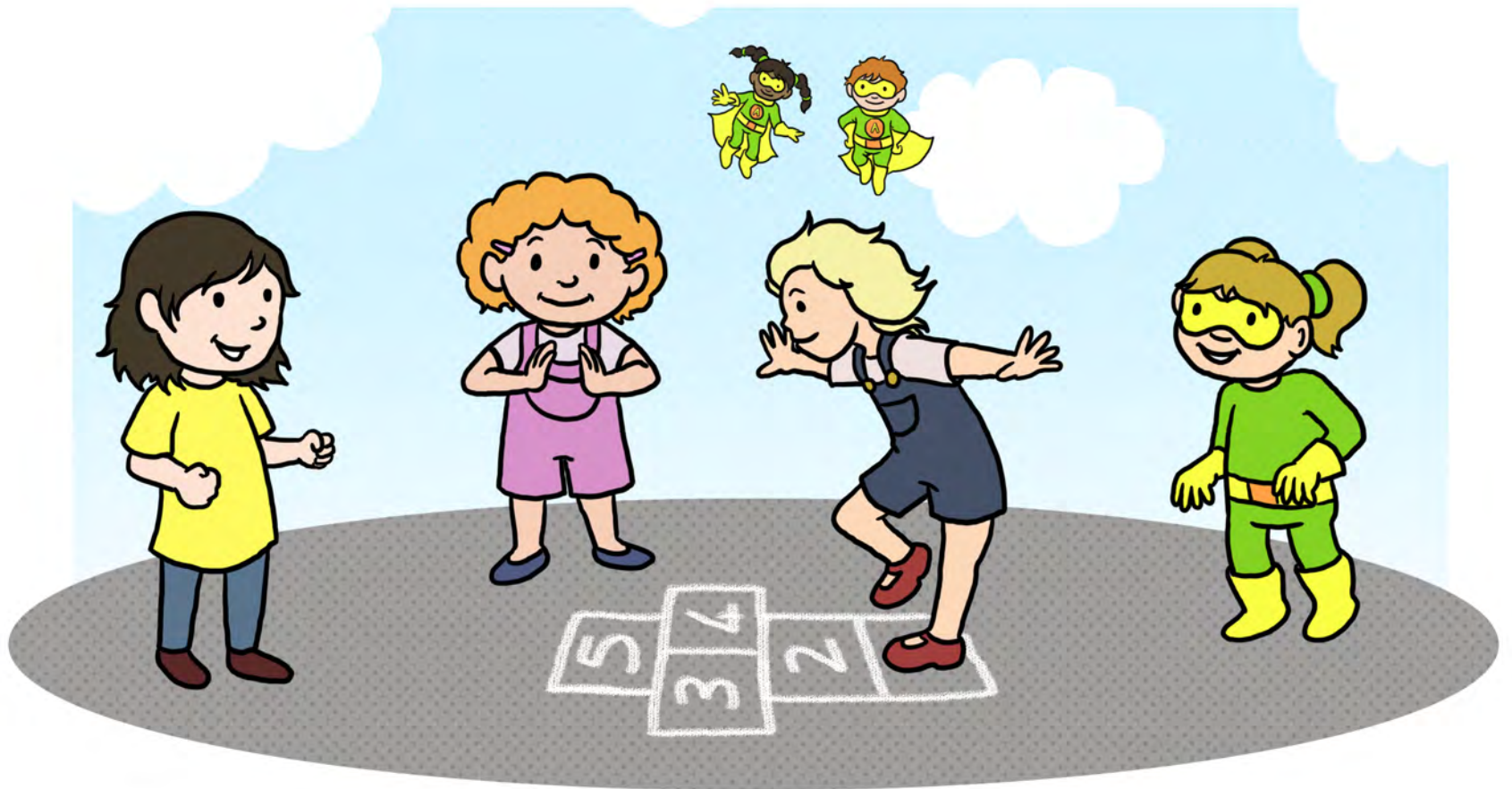
**Megan's friend won't come to play dolls even though she was trying to share her dolls with her.**



Kids with autism find it really hard to play games where you pretend. You should try to choose games where you don't need to pretend so that they can play too.



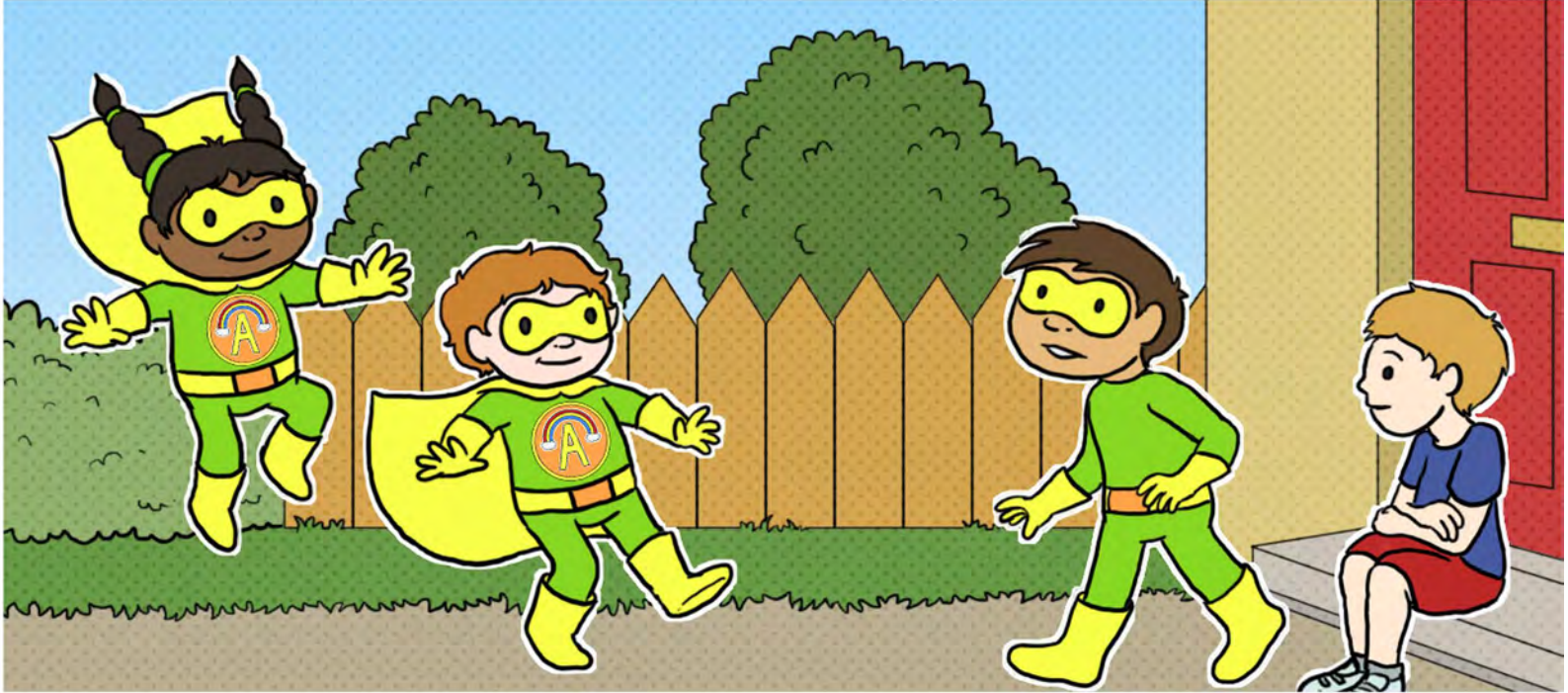
Like board games, races, snap, or hopscotch!





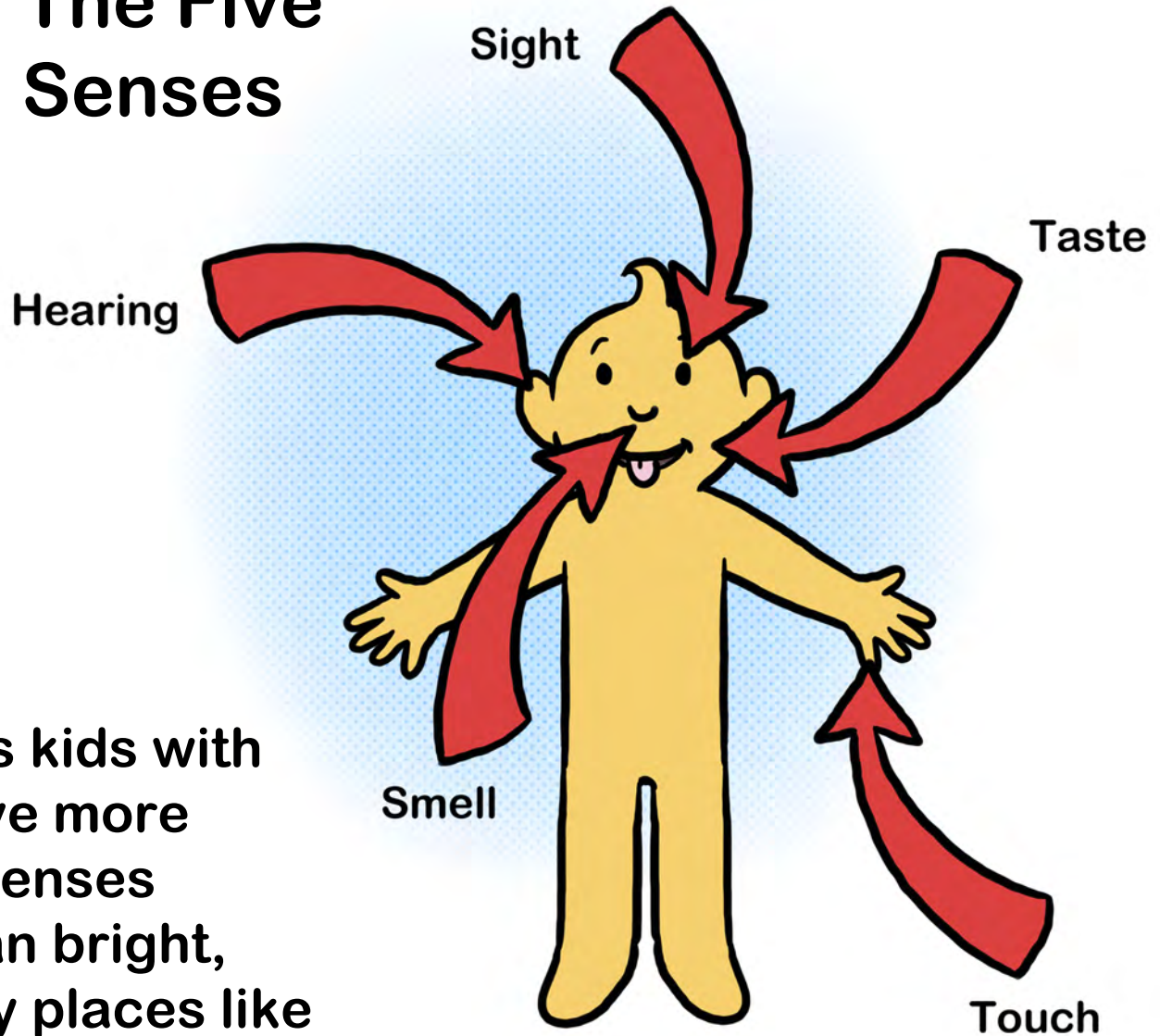
The superheroes phone rings again. Dylan needs some more help!





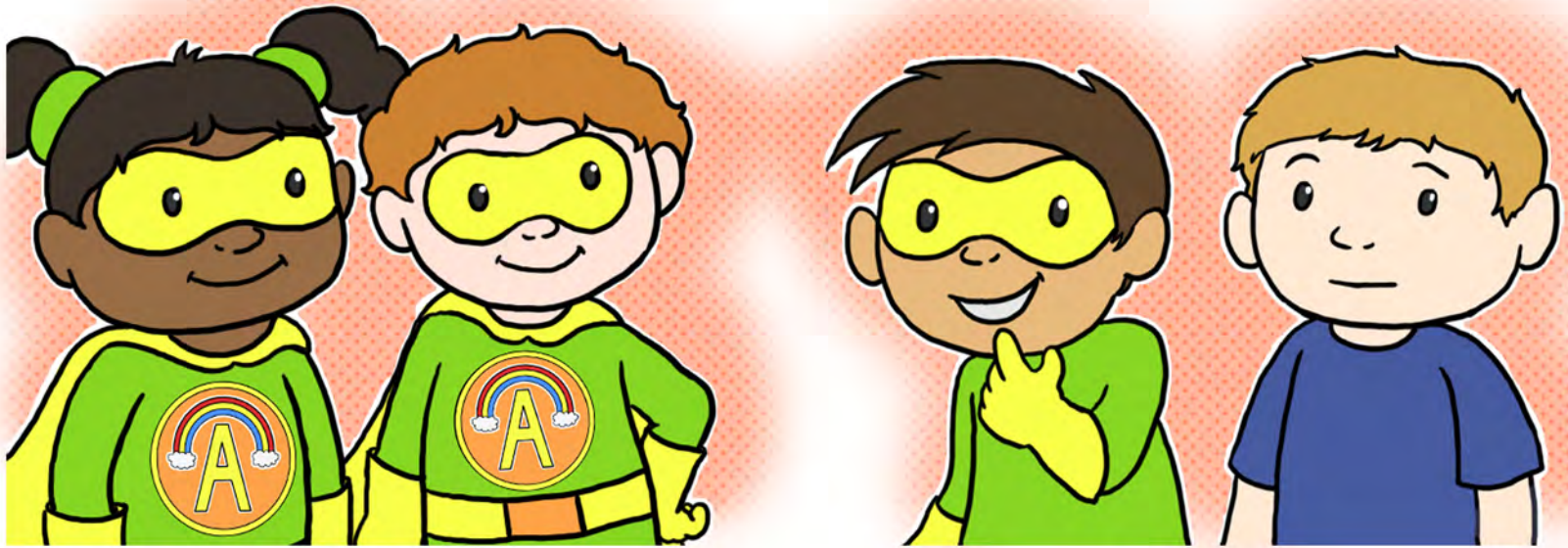
**Dylan wants Alex to go to his brother's birthday party, but Alex doesn't want to go in.**

# The Five Senses



Sometimes kids with autism have more sensitive senses which mean bright, noisy, busy places like parties, noisy canteens or sports day can be horrible for them.





**You should choose things to do that are quieter,  
and places that don't have strong smells or  
bright lights.**

**Dylan and Alex go to the party when most of the kids have left and the music is turned down. This makes Tom feel much happier and more comfortable.**



**The superheroes  
get another call  
off Megan.**





**Anna doesn't want to come out from under the table because she is scared. Things that might not be scary to you, like assembly, new teachers or noisy kids, may be scary to kids with autism.**

**When kids with autism run away, hide, shout or kick, it usually means they are afraid or worried about something. They aren't just being naughty.**





**The superheroes are really proud of Megan and Dylan for being such good friends to kids with autism, and want to check what they have learned.**

**“You must never be mean to kids with autism!”**





**We should always say  
exactly what we  
mean!**



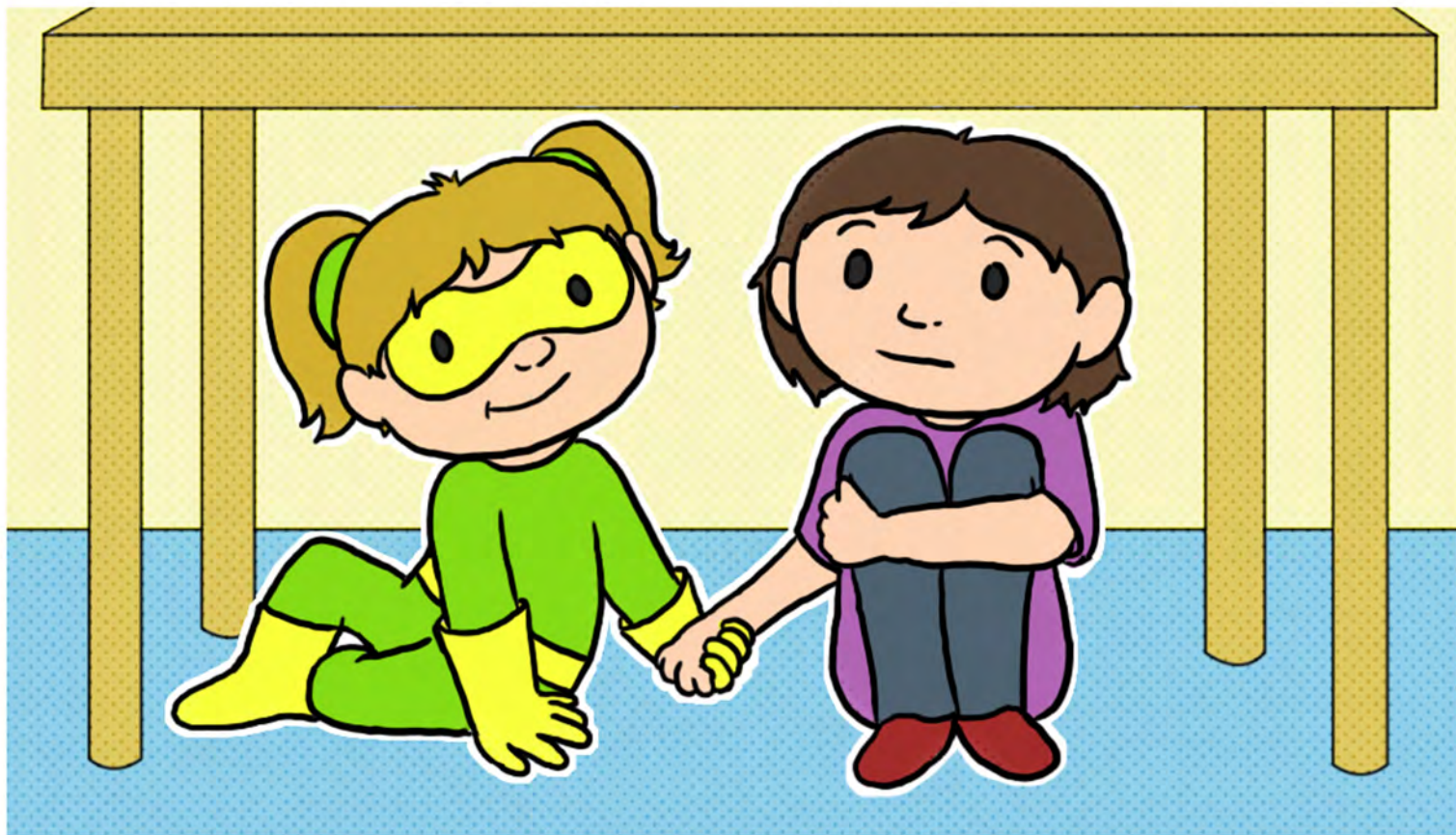


**“We should play games that don’t need us to pretend.”**

**Some kids with autism  
don't like loud noises,  
bright lights, strong smells  
and touching!**



**“Kids with autism can seem angry but are actually worried or scared!”**



**GREAT JOB!**



**YOU ARE  
NOW**

**AUTISM  
SUPERHEROES  
TOO!**