

CREATE A WORLD OF UNDERSTANDING THIS AUTISM AWARENESS MONTH

*Strategies, Tips & Resources
For School & Home*





8 Key Strategies to Embrace Difference

April 2nd is Autism Awareness Day and a wonderful opportunity to raise understanding of ASD within the classroom.

These 8 Key Tips to promote understanding might give you some ideas on what to do in your school or preschool!

1. Conduct the 'My Life in a Box' activity. This is a fantastic activity for the whole school. Each child brings in a box with objects that tell us about themselves e.g. favourite book, places they have been on holidays, sports, pets, etc. If the child has ASD or has a sibling with ASD they can include a book about ASD to read to the class. It is VERY important they talk about all the other interests first and then say "I have Autism/Aspergers" or "My brother/sister/cousin etc." Encourage ALL students to bring in epi-pens, asthma puffers, cultural objects or family traditions so everyone has something 'different'.
2. Explain ASD at the right level for the class. (I highly recommend *All Cats Have Aspergers* - early years to secondary love this book.
3. Give real life explanations about sensory issues that student experience such as touch, movement, smell etc. "*When Johnny walks out the door at lunchtime he finds it hard when people touch him as he moves. When he is bumped accidentally he may push you away*"
4. Read stories to the class and explain the issues discussed in the book and relate them to what the students see in the student with ASD (I highly recommend *Can I Tell You About ... Aspergers/ADHD/Autism*)
5. Explain how and why the child may play differently to other children. Give children some strategies to encourage someone with ASD to play with them.

***Make sure you have permission from parents to discuss a particular child's ASD in the classroom ***

6. Explain how children with ASD *need* sensory tools in the classroom.
7. Explain *how* to be a friend to someone with ASD
8. Write a letter to the school from your family explaining ASD and some strategies you have worked out.

Promoting autism awareness within the school can have a far-reaching impact.

My son (8 years) wrote a book titled 'My Aspergers'. He read it to the class. The school library published it, and it is still on the shelf today. An amazing and supportive school community' - Charmaine

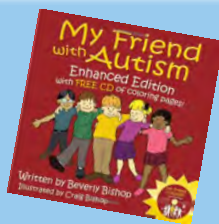


This is a great video example of sharing a diagnosis
https://www.youtube.com/watch?v=wR2yReRVI_U



My Friend with Autism

By Beverly Bishop



Can I Tell You About Autism

By Jude Welton
(more books from series on the website)



All Cats Have Aspergers

By Kathy Hoopman



BEAUTIFUL PICTURE BOOKS: EDUCATE THE WHOLE COMMUNITY

GIVE THE GIFT OF ACCEPTANCE & UNDERSTANDING

There are wonderful picture books to explain ASD, ADHD, etc to children. PLEASE consider giving a Picture Book to Cousins, Neighbours, Family or Friends to help people understand ASD. Here are 2 of my favourites but more on website.

\$25.95 each Plus P & H

1



INSIDE ASPERGER'S LOOKING OUT

Through engaging text and full-colour photographs, this book shows neurotypicals how Aspies see and experience the world. Each page brings to light traits that many Aspies have in common, from sensitive hearing and an aversion to bright lights and strong smells, to literal thinking and difficulty understanding social rules and reading body language and facial expressions. At the same time, the book highlights and celebrates the unique characteristics that make those with Asperger's Syndrome special.

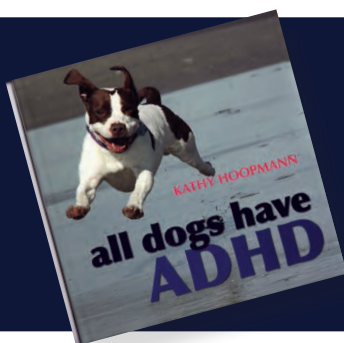
ALL CATS HAVE ASPERGER SYNDROME

This book takes a playful look at Asperger Syndrome (AS), drawing inspiration from the feline world in a way that will strike a chord with all those who are familiar with AS. This engaging book is an ideal, gentle introduction to the world of Asperger Syndrome.



2

3



ALL DOGS HAVE ADHD

All Dogs Have ADHD takes an inspiring and affectionate look at Attention Deficit Hyperactivity Disorder (ADHD), using images and ideas from the canine world to explore a variety of traits that will be instantly recognisable to those who are familiar with ADHD.

AUTISM ISN'T A CHOICE HOWEVER, ACCEPTANCE IS.

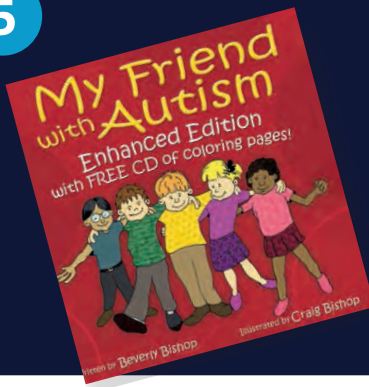
GUS THE ASPARAGUS

Meet Gus! Gus might be the only asparagus in his family, but he is happy. However, when he goes to school he starts to realise that he doesn't always 'fit in'. Gus is here to help kids understand that it's okay to be different. He will soon become a favourite with anyone who has ever felt a little bit out of place, kids and adults alike.



4

5



MY FRIEND WITH AUTISM

With vivid illustrations and a charming storyline this book will foster tolerance and understanding among peers. A peer narrator explains that his friend with autism is good at some things and not so good at others – just like everyone else. In an informative, positive tone, he addresses issues such as sensory sensitivity, communication differences, unique ways of playing and insistence on routine.

ALL BIRDS HAVE ANXIETY

All Birds Have Anxiety explores the symptoms of anxiety disorder and their impact on day-to-day life through colourful images of life as a bird. Its humorous yet gentle approach recognises the stress that anxiety can cause, helping people to better understand how it feels to have anxiety.



6

7



I AM AN ASPIE GIRL

Lizzie is an Aspie Girl – she has Asperger Syndrome, which means that her brain works differently to her friends and even to boys with Asperger Syndrome. In this book, Lizzie explains what it's like to be an Aspie Girl, including how she has a special talent for blending in with her friends, how she gets really tired after being at school all day, how she worries about making mistakes, and how she finds it hard to understand how she is feeling.



Promoting Understanding in the Classroom

Just as children learn about racism, cultural differences, and allergies etc teaching understanding of ASD and ADHD is just another diversity topic and part of the educational landscape. If you are going to share the individual child's diagnosis you must get parent permission to do this, and also check if they want their child to be part of the discussion.

Ideas to try:

- Focus on the student's strengths.
- Focus on accepting that everyone is different and that we need to accept these differences.
- Explain why the child has difficulties in certain situations or act in certain ways; for example flapping hands, making noises, asking questions repetitively, fidgeting, calling out, etc.
- Allow the children to ask questions (often once they have had this chance to ask, the everyday questions, such as "why do they do that, get that?" will stop).
- If the student has support staff in the classroom, or is withdrawn from class, or has partial attendance, it is very important to let the children know why this happens, as they naturally wonder where the student is or why someone is working with them.

Important Note:

If the child's behaviour interferes with other students learning outcomes then they need to be informed on successful strategies in dealing with the child with the diagnosis. This may include teaching to ignore, move away, tell an adult etc.

There are some wonderful resources to explain ASD and ADHD. These can be used for children with ASD, ADHD, other children and family and are great starting points for discussion for everyone.

"Not being able to tune in naturally to other people can make it difficult for me to take turns, or to play cooperatively. If I feel confused about what people are doing, or what I am expected to do, I might be afraid to join in with games even if I do want to be friendly..."

I might only want to play if I decide on the game, and choose the rules. This isn't me being bossy. It's because I feel safer and less confused if I make the rules.

You can help me by gently reminding me about taking turns and taking a bit of extra time to explain the rules of the games you are playing.

Excerpt from 'Can I tell you about Asperger's Syndrome?'



I sometimes find it difficult to play games with other children

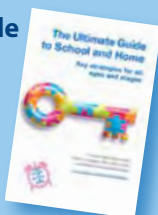
"Embrace Difference to Make a Difference"



RECOMMENDED RESOURCES

The Ultimate Guide to School and Home

By Sue Larkey and Anna Tullemans



Teacher Assistants Big Blue Book of Ideas

By Sue Larkey and Anna Tullemans



Inside Aspergers Looking Out

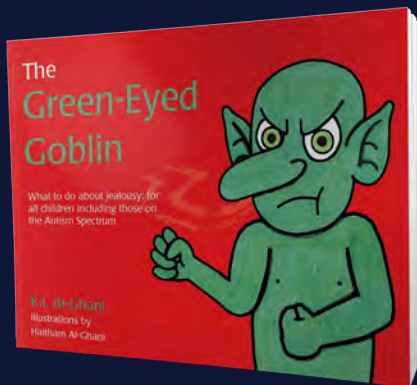
By Kathy Hoopman



BEAUTIFUL BOOKS FOR TEACHING ABOUT EMOTIONS

EMBRACE DIFFERENCE TO MAKE A DIFFERENCE

1



The Green-Eyed Goblin:

By K.I. Al-Ghani

Green Eyed Goblin = JEALOUSY

This illustrated storybook explains jealousy through the story of Theo and his Green-Eyed Goblin. It will encourage children to talk about their feelings and learn how to subdue their own Green-Eyed Goblin for good. A section of tried and tested techniques for using with children, and a helpful introduction for parents and carers is included.

CODE B156 **\$33.95 (plus P & H)**

2

The Red Beast:

By K.I. Al-Ghani

The Red Beast= ANGER

This vibrant, fully illustrated children's storybook is written for children aged 5+, and is an accessible, fun way to talk about anger, with useful tips about how to 'tame the red beast' and guidance for parents on how anger affects children with Asperger's Syndrome.

CODE B38 **\$33.95 (plus P & H)**



3

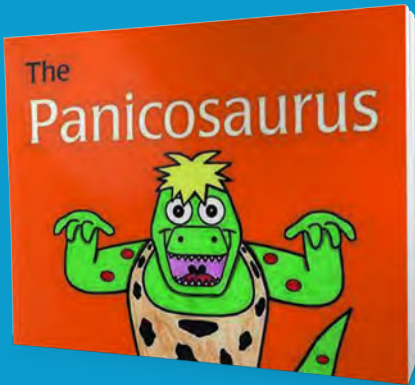
The Panicosaurus:

By K.I. Al-Ghani

Panicosaurus = ANXIETY

This fun, easy-to-read and fully illustrated storybook will inspire children who experience anxiety, and encourage them to banish their own Panicosauruses with help from Mabel's strategies. Parents and carers will like the helpful introduction, explaining anxiety in children, and the list of techniques for lessening anxiety at the end of the book.

CODE B39 **\$33.95 (plus P & H)**



4

The Disappointment Dragon:

By K.I. Al-Ghani

DISAPPOINTMENT

The Disappointment Dragon sometimes comes to see us all and, if we let him, he can make us feel sad or angry. The fun characters in this charming, fully illustrated storybook will help children to cope with, and discuss openly, their feelings of disappointment. There are many creative suggestions on how to banish the Disappointment Dragon and an introduction for adults explaining disappointment in children and how they can help.

CODE B41 **\$33.95 (plus P & H)**



5

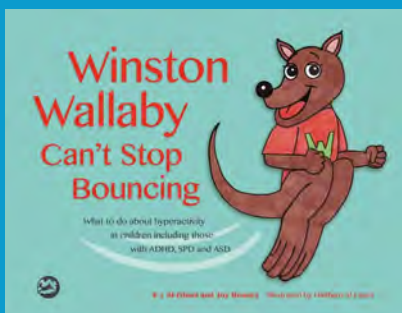
Winston Wallaby Can't Stop Bouncing

By K.I. Al-Ghani and Joy Beaney

ADHD

This illustrated storybook explains hyperactivity through the story of Winston Wallaby and his uncontrollable bouncing at school. It allows children with ADHD, SPD and ASD to recognise and support their additional sensory needs. A helpful introduction for parents/carers and appendices with strategies to be used at home and in school are included.

CODE B42 **\$33.95 (plus P & H)**



BEAUTIFUL BOOKS TO HELP REGULATE EMOTIONS

1



Stay Cool and In Control with the Keep-Calm Guru

By Lauren Brukner

Meet the Keep-Calm Guru, our expert guide to the art of staying cool, calm, and in control in the face of overpowering feelings! This illustrated book introduces wise ways for children to recognise and cope with anxiety, anger, frustration, and other difficult emotions. Using everything from yoga poses and pressure holds, to deep breathing and relaxing colouring activities, the Keep-Calm Guru shows kids how to take back control and feel cool, calm, and just right. Suitable for children with sensory and emotional regulation difficulties aged approximately 7-14 years.

CODE B157 **\$35.95 (plus P & H)**

2

The Kids Guide to Staying Awesome and In Control

By Lauren Brukner

From breathing exercises, pressure holds and finger pulls, to fidgets, noise-reducing headphones and gum, this book is brimming with fun stuff to help kids feel cool, calm and collected. They will learn how to label difficult feelings, choose the perfect strategies and tools to tackle them, and use them correctly whether at home or at school. The strategies and tools are accompanied by cartoon-style illustrations, and the author includes useful tips for parents and teachers as well as handy visual charts and checklists to track learning and progress. For ages 7-14 years.

CODE B111 **\$35.95 (plus P & H)**



3



How to be a Superhero Called Self-Control

By Lauren Brukner

Narrated by a superhero called Self-Control, this illustrated book provides a variety of super power strategies to help children with emotional and sensory regulation difficulties, aged approximately 4 to 7 years to master self-control.

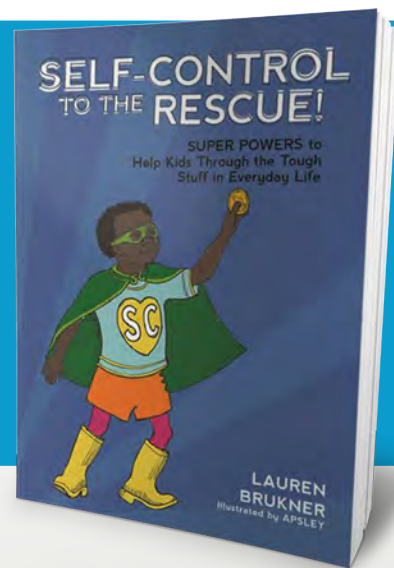
CODE B142 \$35.95 (plus P & H)

Self-Control to the Rescue

By Lauren Brukner

Narrated by a superhero called Self-Control, this illustrated book provides a variety of super power strategies to help children with emotional and sensory regulation difficulties, aged approximately 4 to 7 years to master self-control.

CODE B163 \$35.95 (plus P & H)



4

**Remember:
It takes a
community
to raise a
child with
ASD.**





WONDERFUL RESOURCES

I love personal accounts by people with ASD. They provide a wealth of insights, understanding and strategies that helped make a difference for them. **Pretending to be Normal – the updated version BY AUTHOR**, was the first personal account I ever read, and I found it absolutely fascinating.

VERY LATE DIAGNOSIS OF ASPERGERS SYNDROME

This is a fascinating read about the journey of getting a late diagnosis of ASD. How it helped.... make sense of the challenges he faced throughout his life and misunderstandings people had of him, and him of them. Diagnosis = Understanding & Acceptance.



TEMPLE GRANDIN

My Mentor and Hero! I often refer to quotes of hers on my facebook page. The quotes all come from her amazing books.

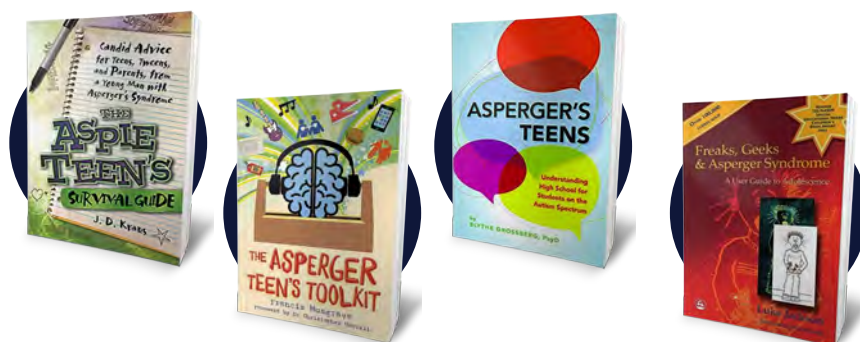
- ▶ The Way I see it
- ▶ Thinking in Pictures
- ▶ Different not Less
- ▶ The Loving Push

TEMPLE GRANDIN DVD

Wonderful DVD for anyone to watch. Make sure you get out your tissues! An accurate portrayal of Temple Grandin's life which chronicles Temples early diagnosis; her turbulent growth and development during her school years, and illustrates through mentoring and sheer will how a young autistic woman succeeds against the odds. An excellent movie to educate older children (10+), family members and staff on autism.

GREAT BOOKS FOR TEENS

- ▶ The Aspie Teens Survival Guide
- ▶ The Asperger Teen's Toolkit
- ▶ Asperger Teens
- ▶ Freak, Geeks and Asperger Syndrome



TOP SENSORY TOOLS

SOMETHING IN HANDS OR TO FIT IN A POCKET FOR LONG SITTING PERIODS CAN BE WONDERFUL.

Twist Puzzle Key Chain

Hours of **FUN**.

CODE ST21 **\$4**



Wooden Massager

Amazing **for meeting sensory needs**.

CODE ST14 **\$6**



Punki Wrist Band

Pop on wrist or just use for **idget tool**

CODE ST22 **\$3**



Improbable Construct

Excellent **for meeting sensory needs**.

CODE ST01 **\$6**



Smiley Face Stress Ball

Great **for stress release**.

CODE ST23 **\$3**



Water Balls

Great **for stress release**.

CODE ST19 **\$3**



Stretch Toys

Great fidget toys **for children who love Blue-tac**.

CODE ST04 **\$3**



Slinky Key Chain

Excellent **for children who process best when fidgeting**

CODE ST07 **\$4**



There needs to be a lot more emphasis on what a child CAN DO instead of what he cannot do.
- Dr Temple Grandin

Chewy Tubes with Handles

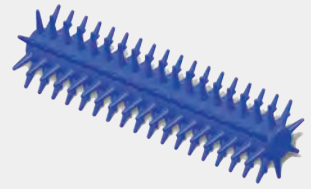
Comes in **different colours/sizes** and with or without a handle.



CODE ST11 **\$13**

Sensory Stixx

CODE ST32 **\$15**



Fidgipod

Amazing **for meeting sensory needs.**



CODE ST02 **\$20**

Sinking Putty

CODE ST03 **\$4**



15 Sec Water Wheel

CODE: ST06 **\$5**



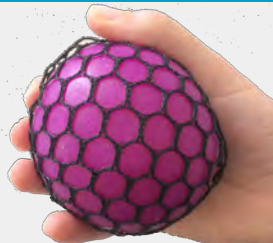
3 Minute Liquid Timer

CODE ST17 **\$15**



Mesh Stress Balls

code: ST40 **\$5**



Spinning Tops

CODE ST05 **\$1**

3 for \$3



More Sensory Tools www.suelarkey.com.au



Sue Larkey Order Form - 2019

School and home resources for children with
Autism Spectrum Disorders or other developmental disabilities

Colour images of all products can be viewed at www.suelarkey.com.au

Education Events PTY Limited

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www.suelarkey.com.au

NAME OF THE ITEM SHOWN IN THE CATALOGUE	CODE	QTY	PRICE
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	PLUS POSTAGE		
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- **credit card** (enter your card details below)
- **invoice** (send an order number and an invoice will arrive with your order)

Government/Official purchase order form must be supplied with a proper purchase order number.
Books may be taken on approval for 14 days.
All stock sent within 7 days where possible.

CREDIT CARD DETAILS Mastercard Visa

card number expiry date

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Making a difference • making it a success!

