



# Celebrating Me Pupil Booklet

Looking at part of what makes me, me!

Name \_\_\_\_\_

## Episode 1 – Being Unique



- Activity 1    Introducing Me
- Activity 2    This is what I look like
- Activity 3    My Favourite Things
- Activity 4    Visible or Hidden
- Activity 5    Similarities and Differences

### Episode 1 - Activity 1



### Introducing Me

Complete the sentences



My name is \_\_\_\_\_.

I am \_\_\_\_\_ years old.

I go to \_\_\_\_\_ School.

Episode 1 - Activity 2



### This is what I look like



Insert a photograph or draw a picture of you.

Circle what you look like



I have long/average/short, brown/blonde/black/red wavy/straight/curly hair.



I have brown/blue/green/grey eyes.



I am tall/average height/small

Episode 1 – Activity 3



### My Favourite Things

Complete the sentences



My favourite colour is \_\_\_\_\_.



My favourite animal is \_\_\_\_\_.



My favourite sound/song is \_\_\_\_\_.



My favourite food is \_\_\_\_\_.



My favourite sport/exercise is \_\_\_\_\_.



My favourite TV programme/film \_\_\_\_\_.

Episode 1 - Activity 4



## Visible and Hidden ?



Circle the visible differences in green.

Circle the hidden differences in blue.



**Hint:** Think could you tell just from a photograph



**Can swim 100m**

**Wheelchair User**

**Musical**

**Good reader**

**Autism**

**Green eyes**

**Nut allergy**

**Hair Colour**

**Artistic**

**Tall**

**Loves fish**

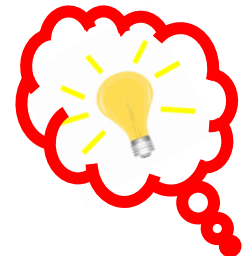
**Wears reading glasses**

Episode 1 - Activity 5







## Similarities and Differences

**Remember:** Similarities means the same  
Differences means not the same



Choose 2 people you know and complete the table below.

You can add your own ideas.

	Me		
 Wears glasses			
 Likes Pokémon			
 Likes reading			
 Enjoys computer games			

## Episode 2 – Autism



Activity 6 3 things I know about autism

Episode 2

### Myth Busters

Autism is NOT...



an illness or a disease



something you  
caught like a virus



contagious, you  
cannot pass it on  
to other people



something you can  
grow out of



related to how smart  
you are



your fault or  
something to be  
ashamed of

Episode 2

## Autism Facts



- Autism is something you are born with.
- It's a life-long condition.
- Autism is unique to each person, no two people with autism are the same.

Episode 2

## Autism Facts

There are 5 parts which make up autism



And the most important part is YOU.  
Your individual differences are what makes your autism  
unique to you!

## Episode 2



### Why do I have autism?

- Scientists have lots of ideas about what might be the cause of autism but no one really knows for sure.
- A team of professionals talked with people who know you, to try to learn more about you.
- They might have looked at how you play/interact with other people.
- They may also have chatted with you.
- The professionals used an important checklist called 'diagnostic criteria' to decide together that you have autism.



## Episode 2 - Activity 6



### 3 things I know about autism

Write 3 things you know about Autism.

<b>1</b>	
<b>2</b>	
<b>3</b>	

## Episode 3 – Communication



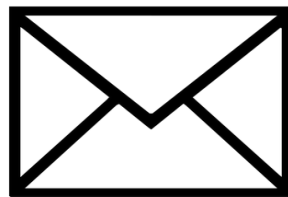
Activity 7	My Communication Strengths
Activity 8	My Communication Challenges
Activity 9	My Communication Strategies
Activity 10	Adult Communication Strategies
Activity 11	My Communication Target
Activity 12	Celebrating Me

### Episode 3

#### Ways we can communicate



text messages



write letters



social media



video calls



online gaming



a chat



## Types of Communication

### Without saying Words



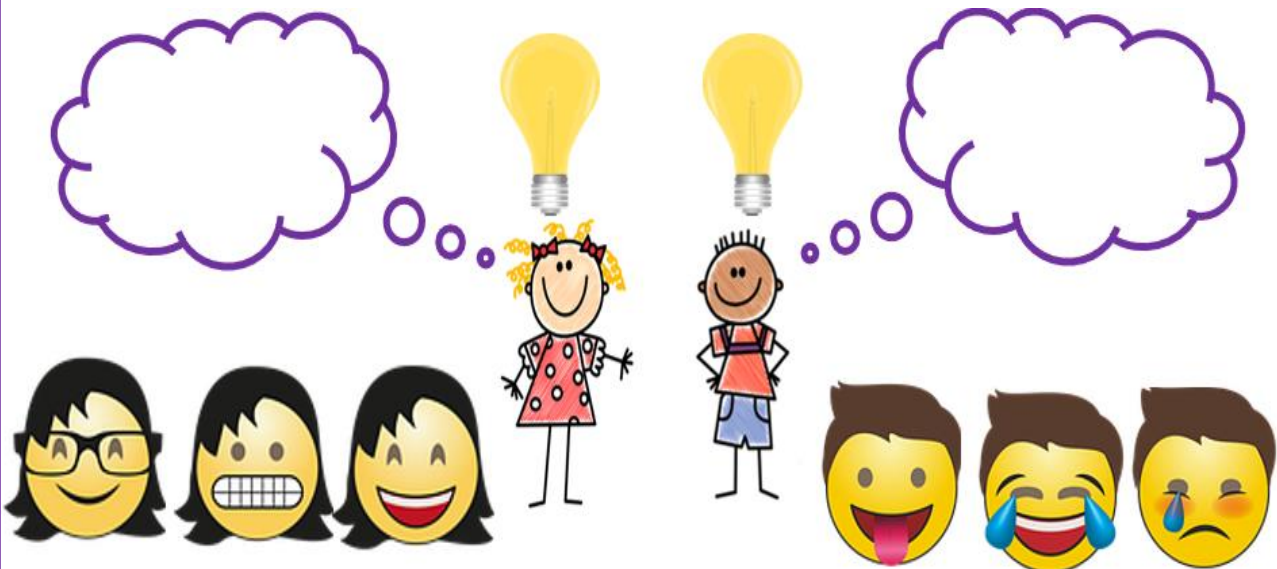
- Body Language
- Hand Gestures
  - Facial Expressions
  - Head, Shoulders and Body movements
  - Eye Contact
  - Visual Words

### With Words



- Talking & Listening
- Pitch
- Pace
- Volume
- Voice - Expressions

## Why We Communicate



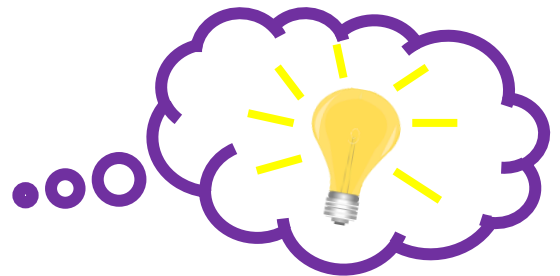
We communicate to share **thoughts, ideas** and **feelings** with each other.



## My Communication Strengths

Circle the ways you can communicate.

Remember you can add your own ideas.



### I can communicate by...

talking using words	using facial expressions and gestures e.g. pointing	using Makaton/Sign Language
writing	using picture cards	starting conversations
using and understanding jokes/sarcasm	staying on topic	taking turns in conversations
talking in a group	understanding non-literal communication e.g. walking on eggshells	following instructions
understanding 'white lies'	communicating my feelings appropriately	



## My Communication Challenges

Circle the ways you find it tricky to communicate.

Remember you can add your own ideas.



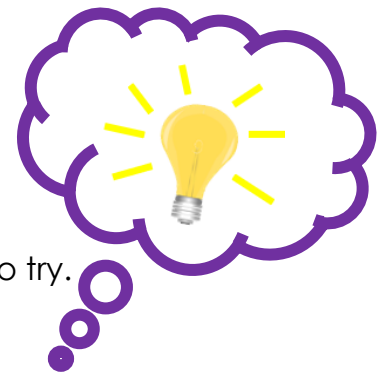
### I find it tricky to...

talk using words	use and understand facial expressions and gestures e.g. pointing	use Makaton/Sign Language
write	use picture cards	start conversations
use and understand jokes/sarcasm	stay on topic	take turns in conversations
talk in a group	understand non-literal communication e.g. walking on eggshells	follow instructions
understand 'white lies'	communicate my feelings appropriately	

Episode 3 - Activity 9



### My Communication Strategies



✓ Tick the communication strategies you use.

○ Circle the communication strategies you would like to try.

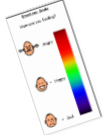
Remember you can add your own ideas.




 Growth Mindset  
thinking & talking

 Ask for  
Calm Box Time


 Take deep  
breaths

 Check my  
emotional scale


 Give myself  
thinking time

 Do some deep  
pressure exercises

 Check my  
visual schedule

Ask for help or a  
break 

 Write/draw in  
journal/reflection  
book

 Movement break  
or Sensory circuit



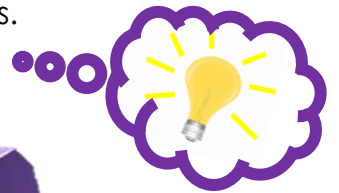
## Adult Communication Strategies

Sometimes we need help to manage our challenges and that's ok!


✓ Ask an adult to tick which communication strategies they use to help you.

Circle the adult communication strategies you think might be helpful


Remember you can add your own ideas.




Remind me to use my strategies



Tell me when you see me trying hard and reward effort and success




Use stories to help me understand




Help me make choices



Break tasks down for me




Be patient




Encourage me to try first/ accept help



Remind me of the rules



Use visual prompts



Warn me when an activity is going to end

Episode 3 - Activity 11



### My Communication Target



	Challenge	Target	Thing that will help me meet my target	Things that adults can do to help me meet my target
<b>EXAMPLE</b>	I find it tricky to ask for help.	I will be able to ask for help using my help card.	<ul style="list-style-type: none"> <li>• Help Card</li> <li>• Social Story</li> <li>• Practice</li> <li>• Deep breathing</li> </ul>	<ul style="list-style-type: none"> <li>• Praise my effort</li> <li>• Help me practice</li> <li>• Prompt me</li> <li>• Be patient</li> </ul>

Complete the table below.

Remember you can use the example above to help you.

Challenge	Target	Things that will help me meet my target	Things that adults can do to help me meet my target
<b>I find it tricky to</b>			

Episode 3 - Activity 12



### Celebrating Me

Complete the sentence



The communication strength I am most proud of is \_\_\_\_\_  
 \_\_\_\_\_

## Episode 4 – Social Interaction



Activity 13 My Social Interaction Strengths

Activity 14 My Social Interaction Challenges

Activity 15 My Social Interaction Strategies

Activity 16 Adult Social Interaction Strategies

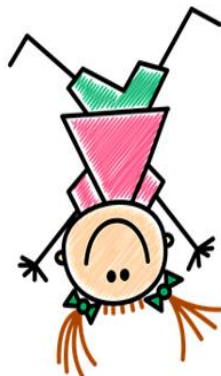
Activity 17 My Social Interaction Target

Activity 18 Celebrating Me

Episode 4

### Social Interaction can be...

# FUN!



## Types of Social Interaction

### 1. Greetings



Short quick interactions like waving hello or giving a thumbs up.

### 2. Special

Happy Birthday



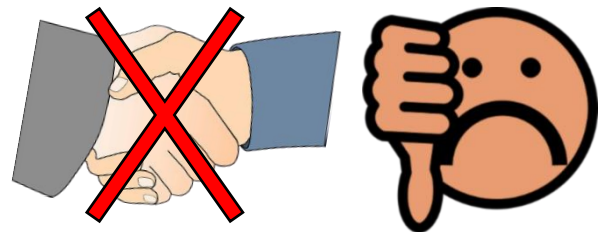
Interactions that do not happen very often like getting new shoes or celebrating a birthday.

### 3. Team



When we work as part of a team to complete an activity.

### 4. Conflict



When we do not agree with another person's thoughts or ideas.

### 5. Compromise

RESPECT



When we make a plan to work out our conflicts so that everyone feels respected.

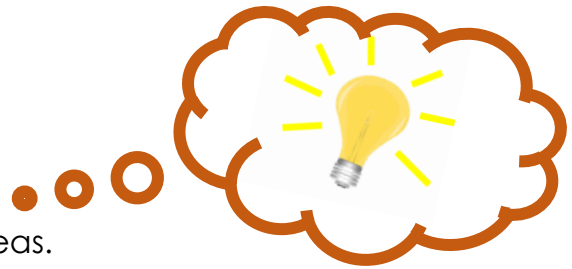




## My Social Interaction Strengths

Circle your social interaction strengths

Remember you can add your own ideas.



### I can socially interact ...

with one/two friends	with an adult	with groups of people
with my pet or other animals	as part of a team	to make new friends and keep them
by looking at people when we are talking	by taking turns to talk and listen	by knowing when to stop talking about my special interest
by coping if I do not win games	by coping when I cannot be first e.g. in the line or to answer a question	by coping when things don't go as I have planned
using digital interaction e.g. video calls, social media or online gaming chats	but sometimes I prefer to be on my own	



## My Social Interaction Challenges

Circle the ways you find social interaction tricky.

Remember you can add your own ideas.



### I find it tricky to ...

interact with one/two friends	interact with an adult	interact with groups of people
interact with my pet or other animals	work as part of a team	make new friends and keep them
looking at people when we are talking	take turns to talk and listen	know when to stop talking about my special interest
cope if I do not win games	cope when I cannot be first e.g. in the line or to answer a question	cope when things don't go as I have planned
use digital interaction e.g. video calls, social media or online gaming chats	be on my own	

Episode 4 - Activity 15



## My Social Interaction Strategies


✓ Tick the social interaction strategies you use.


○ Circle the social interaction strategies you would like to try.




Remember you can add your own ideas




 Growth Mindset  
thinking & talking


 Ask for  
Calm Box Time


 Take deep  
breaths


 Check my  
emotional scale


 Give myself  
thinking time

 Do some deep  
pressure exercises

 Check my  
visual schedule

Ask for help or a  
break 

 Write/draw in  
journal/reflection  
book

 Movement break  
or Sensory circuit

Episode 4 - Activity 16



## Adult Social Interaction Strategies


Sometimes we need help to manage our challenges and that's ok.

- ✓ Ask an adult to tick which social interaction strategies they use to help you.  
○ the adult social interaction strategies you think might be helpful


Remember you can add your own ideas.




Remind me to use my strategies




Tell me when you see me trying hard and reward effort and success




Use stories to help me understand




Help me make choices



Break tasks down for me



Be patient




Encourage me to try first/ accept help



Remind me of the rules



Use visual prompts



Warn me when an activity is going to end

Episode 4 - Activity 17



### My Social Interaction Target



	Challenge	Target	Thing that will help me meet my target	Things that adults can do to help me meet my target
<b>EXAMPLE</b>	I find it tricky to take turns when playing a game.	I will be able to take turns playing a game without getting upset.	<ul style="list-style-type: none"> <li>• Turn taking visual</li> <li>• Deep breathing</li> <li>• Movement break before/after games</li> <li>• Take a break</li> </ul>	<ul style="list-style-type: none"> <li>• Social Story</li> <li>• Be patient</li> <li>• Use visuals to remind me</li> <li>• Praise my effort</li> </ul>

Complete the table below.

Remember you can use the example above to help you.

Challenge	Target	Things that will help me meet my target	Things that adults can do to help me meet my target
<b>I find it tricky to</b>			

Episode 4 - Activity 18



### Celebrating Me

Complete the sentence



The social interaction strength I am most proud of is \_\_\_\_\_  
 \_\_\_\_\_

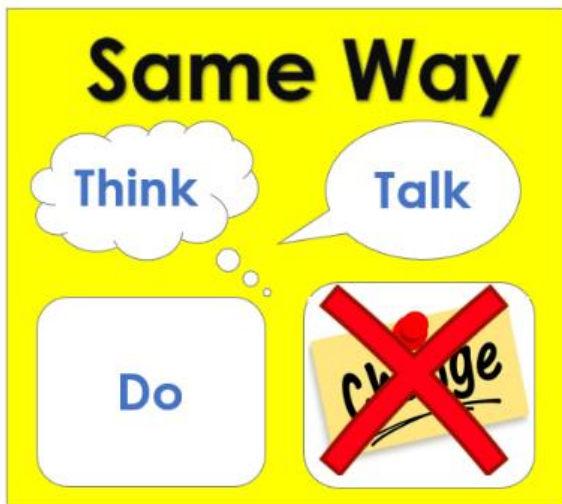
## Episode 5 – Flexible Thinking



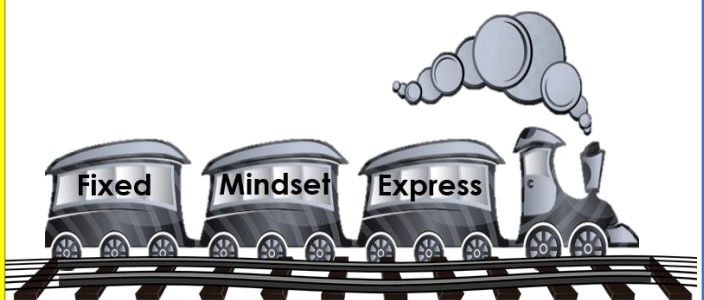
- Activity 19 My Flexible Thinking Strengths
- Activity 20 My Flexible Thinking Challenges
- Activity 21 My Flexible Thinking Strategies
- Activity 22 Adult Flexible Thinking Strategies
- Activity 23 My Flexible Thinking Target
- Activity 24 Celebrating Me

Episode 5

## Inflexible Thinking



## Fixed Mindset



Inflexible thinkers like doing things the same way and find it tricky to try different ways. Having a fixed mindset can make accepting changes and adapting to new situations really tricky and can even be upsetting.

## Flexible Thinking



Flexible thinkers are able to adapt and try things out in a different way. Having a growth mindset can make accepting changes and adapting to new situations much easier and less stressful. Flexible thinkers have the best opportunity for learning

## Flexible Thinking Helps Us



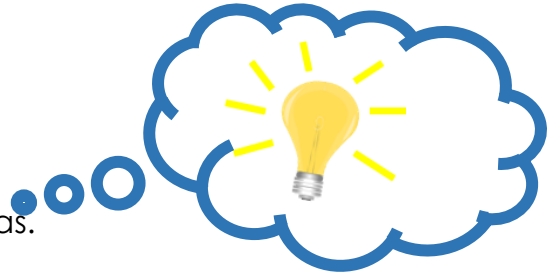
- manage changes
- adapt to new situations
- learn from our mistakes
- manage transitions
- attempt new challenges
- with organisation
- with multitasking
- to learn new skills



## My Flexible Thinking Strengths

Circle your flexible thinking strengths

Remember you can add your own ideas.



### I can think flexibly ...

when I am warned about a change	when the change is something I like/enjoy	when I have time to think
when I have more information	when I see things visually e.g. visual schedule	when listening to other people's ideas
to accept changes	to compromise with my friends, family and school staff	to understand and accept that we all have different opinions and interests
to cope with worries (anxiety) without getting upset a lot or very easily	to cope when things don't go as I had planned	to stop an activity before it is finished
to keep trying when attempting tricky school work	to try new things e.g. foods/activities	

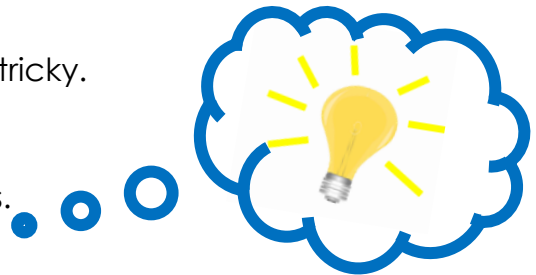




## My Flexible Thinking Challenges

Circle the ways you find flexible thinking tricky.

Remember you can add your own ideas.



### I find it tricky ...

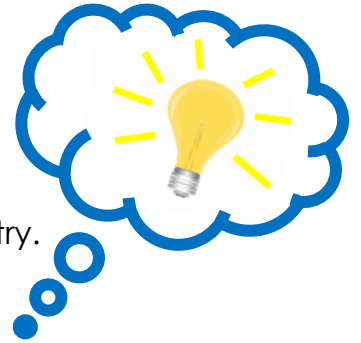
when I am not warned about a change	when the change is something I dislike	when I don't have time to think
when I don't have enough information	when I don't see things visually e.g. no visual schedule	to listen to other people's ideas
to accept changes	to compromise with my friends, family and school staff	to understand and accept that we all have different opinions and interests
to cope with worries (anxiety) without getting upset a lot or very easily	to cope when things don't go as I had planned	to stop an activity before it is finished
to keep trying when attempting tricky school work	to try new things e.g. foods/activities	




## My Flexible Thinking Strategies

✓ Tick the flexible thinking strategies you use.


○ Circle the flexible thinking strategies you would like to try.



Remember you can add your own ideas.

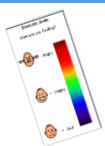
Growth Mindset  
thinking & talking




Ask for  
Calm Box Time




Take deep  
breaths




Check my  
emotional scale




Give myself  
thinking time





Do some deep  
pressure exercises



Check my  
visual schedule




Ask for help or a  
break

Write/draw in  
journal/reflection  
book

Blank space for a strategy.



Movement break  
or Sensory circuit

Blank space for a strategy.



## Adult Flexible Thinking Strategies








Sometimes we need help to manage our challenges and that's ok

✓ Ask an adult to tick which flexible thinking strategies they use to help you.

Circle the adult flexible thinking strategies you think might be helpful

Remember you can add your own ideas.



 <p>Remind me to use my strategies</p>	 <p>Tell me when you see me trying hard and reward effort and success</p>	 <p>Use stories to help me understand</p>
 <p>Help me make choices</p>	 <p>Break tasks down for me</p>	 <p>Be patient</p>
 <p>Encourage me to try first/ accept help</p>		 <p>Remind me of the rules</p>
 <p>Use visual prompts</p>		 <p>Warn me when an activity is going to end</p>

Episode 5 - Activity 23



### My Flexible Thinking Target



	Challenge	Target	Thing that will help me meet my target	Things that adults can do to help me meet my target
<b>EXAMPLE</b>	I find it tricky to accept when the planned activities are changed.	I will be able to understand and accept when the planned activities change.	<ul style="list-style-type: none"> <li>• Visual schedule</li> <li>• Change visuals</li> <li>• Deep breathing</li> <li>• Take a break</li> <li>• Calm box time</li> </ul>	<ul style="list-style-type: none"> <li>• Social Story</li> <li>• Be patient</li> <li>• Use visuals to remind me</li> <li>• Praise my effort</li> </ul>

Complete the table below.

Remember you can use the example above to help you.

Challenge	Target	Things that will help me meet my target	Things that adults can do to help me meet my target
<b>I find it tricky to</b>			

Episode 5 - Activity 24



### Celebrating Me

Complete the sentence



The flexible thinking strength I am most proud of is \_\_\_\_\_  
 \_\_\_\_\_

## Episode 6 – Sensory



Activity 25	My Sensory Strengths
Activity 26	My Sensory Challenges
Activity 27	My Sensory Strategies
Activity 28	Adult Sensory Strategies
Activity 29	My Sensory Target
Activity 30	Celebrating Me

### Episode 6

### Our 8 Senses

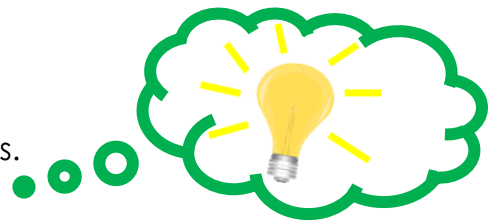


<p><b>Balance</b></p>	<p>Our sense of <b>balance</b> helps us to move our body without falling so we can do activities like walking, riding a bicycle or even sitting up correctly on a chair. It is also the sense that lets you know that you are moving very fast on a rollercoaster even if you have your eyes closed!</p>
<p><b>Movement</b></p>	<p>Our sense of <b>movement</b> gives us information about the position of our body parts without having to look at them. It helps us do activities like walking upstairs without having to look down at our feet. It also tells us how much force to use when doing things like picking up and cracking open an egg.</p>
<p><b>Feelings</b></p>	<p>Our sense of <b>feeling</b> tells us about what is happening inside of our body. It's our body sense that tells us when we are feeling hungry, tired, too cold or too hot or when we need to use the toilet.</p>




## My Sensory Strengths

Circle the sensory sensations you prefer  
Remember you can add your own ideas.



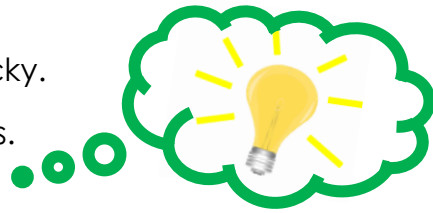
### Sensory sensation I prefer are ...

 <p><b>Sight</b></p>	Dull lights Lots of light	 <p><b>Smell</b></p>	Flowers Mum's perfume Cake
 <p><b>Taste</b></p>	Drinking hot/cold drinks Food when it doesn't touch	 <p><b>Balance</b></p>	Trampoline Walking
 <p><b>Hearing</b></p>	Quiet time Singing	 <p><b>Movement</b></p>	Movement breaks Walks
 <p><b>Touch</b></p>	Squishy things Rubbing soft things Hugs or handshakes	 <p><b>Feelings</b></p>	Feeling hot/cold



## My Sensory Challenges

Circle the sensory sensations you find tricky.  
Remember you can add your own ideas.



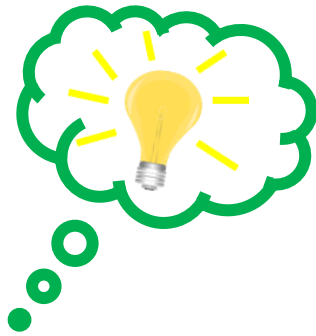
### Sensory sensation I find tricky are ...

 <p><b>Sight</b></p> <p>Too dark Bright lights</p>	 <p><b>Smell</b></p> <p>Dining hall Toilets Cleaning products Bad breath</p>
 <p><b>Taste</b></p> <p>Trying new food A specific food</p>	 <p><b>Balance</b></p> <p>Roller blades Standing on one foot</p>
 <p><b>Hearing</b></p> <p>Shouting Whispering Crowded places Silences Traffic</p>	 <p><b>Movement</b></p> <p>Swimming Running fast then changing direction</p>
 <p><b>Touch</b></p> <p>If people stand too close If people brush past me Wearing new clothes (itchy) Hugs</p>	 <p><b>Feelings</b></p> <p>Feeling hot/cold</p>

Episode 6 - Activity 27



### My Sensory Strategies





✓ Tick the sensory strategies you use.


○ Circle the sensory strategies you would like to try.

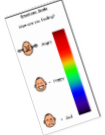
Remember you can add your own ideas.




 Growth Mindset  
thinking & talking


 Ask for  
Calm Box Time



 Take deep  
breaths


 Check my  
emotional scale

 Give myself  
thinking time


 Do some deep  
pressure exercises

 Check my  
visual schedule

Ask for help or a  
break  

 Write/draw in  
journal/reflection  
book

Blank box for user input.

 Movement break  
or Sensory circuit

Blank box for user input.





## Adult Sensory Strategies

Sometimes we need help to manage our challenges and that's ok.

✓ Ask an adult to tick which sensory strategies they use to help you.

Circle the adult sensory strategies you think might be helpful



Remember you can add your own ideas.



 <p>Remind me to use my strategies</p>	 <p>Tell me when you see me trying hard and reward effort and success</p>	 <p>Use stories to help me understand</p>
 <p>Help me make choices</p>	 <p>Break tasks down for me</p>	 <p>Be patient</p>
 <p>Encourage me to try first/ accept help</p>		 <p>Remind me of the rules</p>
 <p>Use visual prompts</p>		 <p>Warn me when an activity is going to end</p>

Episode 6 - Activity 29



### My Sensory Target



	Challenge	Target	Thing that will help me meet my target	Things that adults can do to help me meet my target
<b>EXAMPLE</b>	I find it tricky to work when the classroom is too noisy	I will be able to tolerate the noise in the classroom	<ul style="list-style-type: none"> <li>• Break Card</li> <li>• Calm Time Box</li> <li>• Deep breathing</li> <li>• Ear defenders</li> <li>• Sensory break/circuit</li> </ul>	<ul style="list-style-type: none"> <li>• Warn me when there will be a noisy activity</li> <li>• Be patient</li> <li>• Remind me about my strategies</li> <li>• Praise my effort</li> </ul>

Complete the table below.

Remember you can use the example above to help you.

Challenge	Target	Things that will help me meet my target	Things that adults can do to help me meet my target
<b>I find it tricky to</b>			

Episode 6 - Activity 30



### Celebrating Me

Complete the sentence



The sensory strength I am most proud of  
is \_\_\_\_\_  
\_\_\_\_\_



# CERTIFICATE OF ACHIEVEMENT

**THIS CERTIFIES THAT**

\_\_\_\_\_

**HAS SUCCESSFULLY COMPLETED THE**

**'CELEBRATING ME' PROGRAMME**

**SIGNATURE** \_\_\_\_\_

**DATE** \_\_\_\_\_

