Autism Awareness Day Plan (P1-P3)

For p1-3 we have decided to focus on celebrating differences and inclusion rather than autism itself.

Throughout the day it might be useful to have a range of sensory activities that you can use when needed for finishing activities or rotations:

* Playdough
* Lego/building
* Sand
* Threading beads and pipe cleaners.
* Jigsaws
* Drawing

Morning Activities:

* Try a soft start in your class today and use some sensory activities with your learners (playdough, sand, lego etc).
* Go over the visual timetable for the day with your class. This can be found in the files folder but feel free to use your own as I know some of you already do this daily!

**Lesson 1: Celebrating differences**

LI: We are learning to celebrate and explore our differences.

* Go over the celebrating differences PowerPoint with your class. (There is a ppt for P1&2 and a separate ppt for P3)
* Discuss what makes you different from everyone else. You could write ideas up on the board or on some A3 paper.

Suggested activities:

* Host a talent show in your circle time. Give your learners the opportunity to show off their unique talents that make them special (tell a joke, do a dance, sing a song etc).
* Self-portrait activity- draw a self portrait and write about what makes you different below (I have blue eyes, red hair etc). These worksheets can be found in the file and are differentiated to suit levels.
* I am special poem activity- use the differentiated worksheets to create a poem about why they are special.
* Make your own visual timetable – the template can be found in the lesson 1 files.

**Lesson 2: Likes & dislikes.**

LI: We are learning to share our opinions with others about our likes and dislikes.

The aim of this lesson is to help learners realise that it is ok to like and dislike different things. That is what makes us individuals and unique from everyone else. We need to accept these differences and be kind to one another.

Start by watching one of the following videos:

* P1: Watch this episode of sesame street. This is where we meet a girl called Julia who has autism. <https://youtu.be/dKCdV20zLMs>
* P2 & P3: Watch ‘Meet the Trummies’. A short clip that introduces you to the Trummies characters who all have different likes & dislikes. <https://www.youtube.com/watch?v=98gcyN9MdHU>

Activities:

* Talk about the videos you have just watched. Focus on how everyone has different likes and dislikes (e.g. Pinky liked hats and Bluey didn’t like frights. Julia liked drawing but did not like being touched.) Part of what makes us unique and special is that we all like and dislike different things. It would be boring if we all liked the same things.
* **Like & dislike game-** you could play this in your classroom or outdoors.
Ask your learners to stand in the middle of the room or space. Tell them that one side of the room is like and the other side of the room is dislike. I have also made visual signs for this activity that can be printed off to help with this. Next, say an activity or item out loud -e.g. pizza. If they like Pizza, then they should move to the ‘like’ side of the room and if they dislike pizza then they should move to that side. You could also let some selected pupils come up the front and say something to the class.
* **Like & dislike cut & stick activity** **(p1-2).**
* **Like & dislike poster (p3).** This could be done individually, or as a class. As a class you could get everyone to draw 1 thing they like & dislike and stick them on a large piece of poster paper or a display board to create a class poster.
* **5 ways to be kind activity-** ask your class how we can be kind to someone who is struggling at school or having a bad day. Brainstorm ideas as a class and then pick your top 5 ideas. Ask your class to draw around their hands and in each finger write one way in which they can be kind to someone in school (e.g. smiling, asking them to play, asking them if they are ok). They can then decorate and make their hands unique.

**Lesson 3: Feeling Calm**

LI: We are learning to use strategies to help us feel calm.

Feeling Calm- Next, we are going to learn about what things can help us feel calm. These activities focus on what we can do at school or at home if we feel overwhelmed. Explain that at times we all can feel overwhelmed, stressed, angry, worried at times.

Watch the following videos for some techniques to try to help us calm down:

How to feel calm (p1) <https://www.youtube.com/watch?v=pLxzCMMocG8>

Keeping calm (p2-3) <https://www.youtube.com/watch?v=losfxbMKwPo>

Have some quiet calm time in your class. Try out some of these activities and to create a quiet calm time in your classroom this might be before or after lunch depending on time.

* Put on some calming music on your board- (I like this playlist with this one with the ocean video) <https://www.youtube.com/watch?v=G52dUQLxPzg>
* Read a book with a cuddly toy this could be at their desk or in a quiet space in the classroom.
* Mindfulness colouring – you can find some to print in the lesson 3 folder.
* Threading beads onto pipe cleaners
* Some individuals may want to spend time in their quiet tent.
* Playdough- you try making your own and adding in some lavender oil for a real calming experience.
* Make your own calm down bottle <https://www.bbc.co.uk/cbbc/thingstodo/mood-jar>
* Cosmic yoga- choose your own or try this relaxation session <https://www.youtube.com/watch?v=KMY2pMsLiJw>

**Lesson 4: Exploring our senses**

LI: We are learning to understand and use our five senses.

We all use our senses differently and react to things differently.

Learn about the five senses here: <https://www.youtube.com/watch?v=rIEgbqWAuAo>

Activities:

* The sound game- ask the class to close their eyes and tell them that you are going to make a sound and they must either write down what they hear or say out loud. You could use the ‘sound game PowerPoint’ I have made or use some items from your classroom to make a sound.
* The sight game- use the sight game quiz PowerPoint to play this game. Learners will be shown a zoomed in image and they need to write down or guess what the image might be.
* Go on a sensory hunt outside or around the school if it is raining- the template can be found in the lesson 4 folder.
* Design your own Autism Ribbon- the template can be found in the lesson 4 folder.
* Finish the day with some sensory activities.