

April 2026 World Autism Month (April 2nd)

World Autism Month - Article 2 - all children have these rights and Article 23 - If I have a disability, I have the right to special care and education.

Activity 1 - Sensory Exploration Station

A range of sensory experiences. Textured objects for tactile stimulation - bare feet on hard/soft flooring mats etc. Sound recordings to stimulate hearing / ear defenders to highlight differences in noise. Goggles / lighting to reflect visual differences. Explain and show how Tac Pac is used. Weighted blankets, fidget toys and lighting.

Resources; Sound recordings - Ipad. Goggles. Ear defenders. Weighted blanket. Textured objects fidget toys and sensory lighting,

Things to think about: Reflect on how we all perceive the world differently.

Activity 2 - What's in the box

'What is in the box?' discussion activity. Sing the 'What's in the Box?' song. Allow children to take turns picking something out the box and discuss what it is. Explain what each item is and how it is used

Resources: box, visuals / Makaton visuals, autism lanyard (sunflower) or logo, ear defenders, fidget toys, timers,

Things to think about: Remember not all disabilities are visible. Some are clear to see and others are invisible. This is why we should treat everyone kindly and with compassion, being aware that we are all capable of different things and our brains work differently.

Activity 3 - Sensory Calming Bottles

Create sensory calming bottles with children to produce a visual and auditory support in times where we want to feel calm.

Resources: Fill plastic bottles with water, glitter, sequences, food colouring, beads or rice etc.

Things to think about: What other objects, behaviours, spaces could make us calm? How do we feel when looking at / using our bottles? Do we feel happier etc?

Activity 4 - Light Show (2-3 Room)

- Use flashlights, disco balls, or light projectors (ocean) to create visual displays in a dark room.

Resources: Flashlights, disco balls, torches or projector.

Things to think about: Discuss the impact of different effects towards how it makes us feel. When could we use lighting?