I Have Autism

I have autism. Having autism means that I may think and feel differently than some people. I may hear or taste or see or smell more or less than others. I may not like the same tastes that some people do. I may not like to be touched by people or things or I may like to touch a lot.

Having autism means that I may need to move around more. Moving around may help me to think better. Sometimes trying to sit still and stay quiet can be hard for me but I do my best. I may not like it when there is too much movement or sound.

Most people with autism have special interests. I may be really good at some things that others do not do very well. Sometimes, my friends may learn new things that I think are hard to do. I might play with toys differently than my friends. I might like to play with the same toys in the same way over and over. I may have a hard time talking to others or playing together.

I can be a good friend by trying to remember that it is okay for my friends to be different than me. I can be a good friend by trying to be kind and doing what I am supposed to. I can use nice words and stay calm even when things don't go my way. A good friend is patient and tries to be kind and caring.

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