



Grades  
2-3

ORGANIZATION FOR AUTISM RESEARCH

# Kit for Kids Activity Booklet





ORGANIZATION FOR  
AUTISM RESEARCH

Organization for Autism Research Kit for Kids Activity Workbook

This workbook belongs to:

---





## Being Different

Look at all your friends. What do you see? Some are boys, some are girls. Some have brown hair, some have yellow hair. Some are tall, some are short. They are all different and unique. But, they are also all the same in some ways. They all have feelings and they all want to have friends.



## What Does It Mean to Have Autism?

Kids like Nick don't always think and act the same as you because their minds work differently. They sometimes have a hard time talking, learning, or playing with you – even if they really want to. But they are still kids just like you. They go to school and have friends. They may also like the same things as you, like swimming, art, or playing outside.

Complete the next activity to learn more about what makes us the same and different.

Everyone likes some of the same things as our friends. We also like different things than our friends. This makes each of us our own special person. Circle the traits that are true for you and add some of your own. Then, share with your classmates what you circled. You will see some of your friends circled the same trait, and some of your friends circled different traits.



I like to watch movies

I have a brother

I have a dog

I like the color red

I like summer

I am an only child

I like science

I have brown hair

I like fall

I have a sister

I like carrots

I like to read

I like pancakes

I like sports

I have yellow hair

I have a cat

I am a twin



I like the color blue

I like math

I am a little brother/sister

I like apples

I like to play outside

I have a fish

I have blue eyes

I like spring

I like music

I like the color green

I have red hair

I am a big brother/sister

I like winter

I wear glasses

| \_\_\_\_\_

| \_\_\_\_\_

| \_\_\_\_\_





## Expressing Ourselves

We express our feelings through actions. Our actions tell people around us whether we are happy, sad, or upset. When we feel happy, we smile and laugh. When we feel sad, we cry. When we feel upset, we may shout or stomp our feet. While we often express our feelings in similar ways as our friends, there are still some differences. Sometimes we laugh more than our friends when we see something funny, or get angry about things that do not make other people angry.



## What Does It Mean to Have Autism?

Kids with autism have a hard time telling their friends how they feel. When they are upset or excited, they may make loud noises, spin, run, jump, or say the same thing over and over. How they express their feelings is sometimes different than how you express yours. Just like you, kids with autism want other people to understand how they feel.

Complete the next activity to learn more about how some of our actions make us the same and different.

Having autism makes Nick act differently than some of his friends, but Nick is the same age, goes to school, and has things in common with the other kids in his class. Below are some characteristics that describe Nick and kids his age. Circle the ones that also describe you and share with a classmate. You will see that you, Nick, and your friends all share some things in common.

I learn best through pictures

I like to be alone sometimes

I am a loyal friend

I giggle or smile a lot

I am honest and trustworthy

I have a lot of energy

I do not like to be touched

I spin in circles

I like to dance to music

I am bothered by bright lights

I do not look everyone in the eyes

I have a talent or skill



I like to play with toys

I flap my arms when I am excited

I am accepting of everyone

I know great movie quotes

I like to be in a group sometimes

I do not like loud noises

I have one-of-a-kind ideas

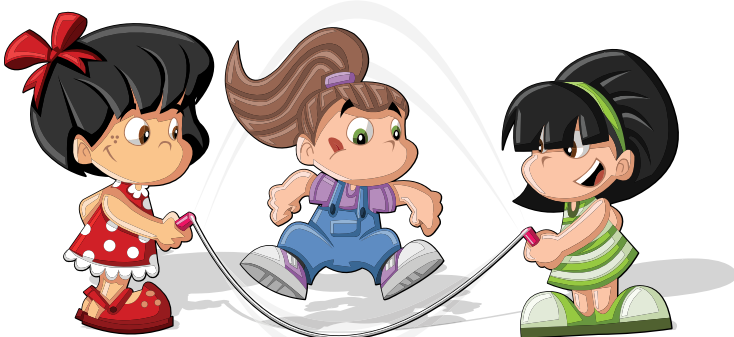
I am accepting of everyone

I have a great memory

I like to tell my friends about things  
I really like

I like to follow a schedule

I like to run when I'm happy



## Using Our Senses



We all have five senses: sight, smell, touch, taste, and sound. We use our senses to learn about the world around us. Our senses tell us if we like or dislike something we eat, if something is too quiet or loud, and if it's night or day.



## What Does It Mean to Have Autism?

Kids like Nick use their senses to learn about the world, too. Sometimes their senses can cause them to be upset or excited over things that do not make most of us feel the same way. A light can sometimes be too bright and hurt their eyes, or a smell can make their head hurt. Kids like Nick may not like people touching them or their things. This is because their senses work a little differently than ours.

Complete the next activity to learn more about how kids with autism have senses that work differently.





Autism affects Nick's hearing, sight, smell, touch, and taste. Nick gets upset about some things because his senses work differently than ours. There are some good ways to make it easier for him to learn and enjoy class with his friends. Connect ways to make the classroom easier for Nick to the sense they affect.

**Hearing**

Keep our hands to ourselves

**Smelling**

Turn off bright lights

**Seeing**

Bring snacks everyone likes

**Touching**

Open windows when we paint

**Tasting**

Use indoor voices



Keep the hallway door closed

Put toys where they belong

Stop pushing classmates

Using scent-free soap to wash our hands

Offer healthy snacks

**Tasting**

**Smelling**

**Seeing**

**Touching**

**Hearing**

## About Autism

Autism is a disorder. Doctors and scientists are learning more about autism every day, and find that autism affects every kid differently. That is why it is called a spectrum disorder. A spectrum disorder means there are many different traits a person can have.

## What Does It Mean to Have Autism?

Some kids with autism may not like bright lights or loud noises more than other kids with autism. This just means that one kid with autism might be different from another, just like you are different from your friends. But kids with autism are just like you, too! They like to play, learn, and have fun.

Complete the next activities to learn more about autism.



Unscramble the following words in each of the sentences to learn more about autism.

Use the word bank for hints!

1. Autism

4. Learning

7. Senses

10. School

2. Develop

5. Friends

8. Nick

3. Disorder

6. Eighty eight

9. Spectrum

1 One in \_\_\_\_\_ children have autism.  
(hyigte htgie)

2 All kids are happy when they have \_\_\_\_\_.  
(dresfni)

3 Autism is a \_\_\_\_\_.  
(rsdreodi)

4 We learned about autism and that kids with autism like \_\_\_\_\_ too.  
(ngnialr)

5 Autism affects our five \_\_\_\_\_.  
(nesses)

6 We read a story about a boy named \_\_\_\_\_ who has autism.  
(icnk)

7 Autism affects everyone differently. That's why it is called a \_\_\_\_\_ disorder.  
(crpemust)

8 We all \_\_\_\_\_ different skills at different times.  
(lveepdo)

9 Even though we like different things, all of my friends and I go to \_\_\_\_\_.  
(holcso)

10 Today, we learned about \_\_\_\_\_ and how we are different and similar to each other.  
(mutsia)



Find all the hidden words! Each of the words is related to autism and our new friend, Nick.  
Can you find them all?

AUTISM  
DEVELOPMENT  
DIFFERENT

FRIENDSHIP  
EIGHTY EIGHT  
EXPRESS

SENSES  
NICK  
SPECTRUM

SCHOOL



E	G	J	I	F	V	B	A	D	E	R	V	A	C	D	G	A	P	Q	L
C	I	V	B	K	Y	S	W	N	I	C	K	A	Z	V	L	F	D	N	M
F	H	G	F	R	T	Y	A	W	R	B	K	O	P	A	U	T	I	S	M
D	R	Y	H	U	A	S	D	Q	C	B	S	N	J	L	O	P	C	F	R
F	H	J	V	T	P	A	W	R	E	X	P	R	E	S	S	N	D	A	L
G	V	X	K	F	Y	Y	L	S	U	G	G	O	K	L	J	U	B	N	T
S	K	E	L	S	R	E	F	H	J	R	H	R	I	K	K	I	N	N	S
C	D	F	K	M	O	N	I	D	F	B	T	G	O	I	P	L	E	S	R
H	M	L	P	R	S	Q	F	G	D	C	N	D	F	Y	U	R	J	E	W
O	R	F	D	V	E	N	T	J	H	P	O	I	G	H	E	T	H	T	D
O	J	S	P	R	N	T	Y	M	O	T	P	W	R	F	D	F	U	H	E
L	P	M	W	D	S	K	F	L	I	K	S	D	F	E	T	U	R	K	V
N	Z	E	J	K	E	E	O	B	E	N	D	I	J	E	A	S	I	V	E
E	A	L	U	C	S	D	U	H	L	F	D	Y	U	C	Z	N	K	D	L
R	W	L	S	R	Y	G	R	C	J	I	Y	U	N	B	F	O	P	L	O
H	D	F	C	A	Y	N	N	L	P	F	R	I	E	N	D	S	H	I	P
F	U	R	I	E	N	D	S	T	I	U	R	E	W	Z	S	D	J	H	M
R	R	A	J	K	I	P	F	V	B	M	D	X	Z	S	R	T	Y	U	E
E	W	S	P	E	C	T	R	U	M	M	Y	W	R	U	V	D	S	W	N
A	T	E	W	C	F	G	H	J	Q	H	E	A	R	I	N	G	D	C	T

Now that you know more about Nick and autism, you are ready to be a great friend. Draw a picture showing how you would be a good friend to Nick (or other kids with autism) and finish the sentence at the bottom of the page.



I would be a good friend to Nick by: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



---

# Is a Good Friend to kids With Autism



ORGANIZATION FOR  
AUTISM RESEARCH







Organization for Autism Research.  
Raise Money. Fund Research. Change Lives.

The production and distribution of the *Kit for Kids* program was made possible thanks to the generous support of the Lisa Higgins Hussman Family Foundation.