

Know your spectrum of processing differences

Aims

- To understand key aspects of processing differences in relation to autism.
- Identify personal strengths and areas that are a challenge.
- Develop strategies to enhance or improve processing differences.

Activities A - H

- Read Finn's worksheet and creative writing to further understand each topic and generate ideas.
- Teenagers' to think of examples in their life for each activity. Course leaders can also provide personal examples to further support the process.
- Consider the key features of the topics and how they influence other areas of our lives.
- Teenagers' to identify cause and effect between their processing style and emotions or behaviours.
- Refer to the additional support material provided on the website for each activity section and to recap the topic.
- Additional poetry and narrative examples can be found on the creative writing wall for more inspiration (Button 7).

Timings Book pages Website button	Activities
10–15 minutes PAGE 85-88 Button 1	<p style="text-align: center;">Know your spectrum of processing differences</p> <p>Introduction</p> <p>Read through the introduction and further explain or discuss the main topics. Refer to glossary for definitions and the mind map for an overview.</p>
20-30 minutes PAGE 92-93 Button 2 PAGE 94-95	<p style="text-align: center;">My spectrum of central coherence</p> <p>ACTIVITY A. YOUR WRITING PROMPTS Website additional writing prompts.</p> <p>ACTIVITY B. MY WORKSHEET Teenagers' complete the worksheet.</p>

<p>20-30 minutes</p> <p>PAGE 100-101 Button 3</p> <p>PAGE 102-103</p>	<p align="center">My spectrum of processing shutdowns</p> <p>ACTIVITY C. YOUR WRITING PROMPTS Website additional writing prompts.</p> <p>ACTIVITY D. MY WORKSHEET Teenagers' complete the worksheet.</p>
<p>20-30 minutes</p> <p>PAGE 107-108 Button 4</p> <p>PAGE 109-110</p>	<p align="center">My spectrum of delayed/mono-processing</p> <p>ACTIVITY E. YOUR WRITING PROMPTS Website additional writing prompts.</p> <p>ACTIVITY F. MY WORKSHEET Teenagers' complete the worksheet.</p>
<p>20-30 minutes</p> <p>PAGE 115-116 Button 5</p> <p>PAGE 117-118</p>	<p align="center">My spectrum of generalisation (I have done this before but I feel like a beginner again)</p> <p>ACTIVITY G. YOUR WRITING PROMPTS Website additional writing prompts.</p> <p>ACTIVITY H. MY WORKSHEET Teenagers' complete the worksheet.</p>
<p>20 minutes</p> <p>PAGE 122-123 Button 6</p> <p>PAGE 126</p> <p>PAGE 127</p>	<p align="center">What's my spectrum of processing differences?</p> <p>ACTIVITY I. MY WORKSHEET Teenagers' recap and summarise main points learnt throughout the chapter.</p> <p>ACTIVITY J. MY WORKSHEET Teenagers' complete creative writing section using poetry, mini-stories or a narrative.</p> <p>ACTIVITY K. MY PROFILE CHART Teenagers' create a personal profile relating to the chapter.</p>