

Know your spectrum of sensory things

Aims

- To understand key aspects of sensory things in relation to autism.
- Identify personal strengths and areas that are a challenge.
- Develop strategies to support and enhance sensory things.

Activities A - K

- 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 sensory experiences and emotions or behaviours.
- Refer to the additional support material provided on the website for each activity section.
- Additional poetry and narrative examples can be found on the creative writing wall for more inspiration.

Timings Book pages Website buttons	Activities
10–15 minutes PAGE 51-55	<p style="text-align: center;">Know your spectrum of sensory things</p> <p>Introduction Read through the introduction and further explain or discuss the main topics. Refer to glossary for definitions and mind map for an overview.</p>
20-30 minutes PAGE 58-59 Button 2 PAGE 60	<p style="text-align: center;">My spectrum of sensory sensitivities: Sounds/smells/taste/vision</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 63-64 Button 3</p> <p>PAGE 65</p>	<p>My spectrum of tactile integration: Touch/pain/pressure/temperature/texture</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 70-71 Button 4</p> <p>PAGE 73</p>	<p>My spectrum of sensory integration Proprioceptive system: Body awareness Vestibular system: Body position/balance/sensory avoidance/stimulation</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 76-77 Button 5</p> <p>PAGE 78</p>	<p>My spectrum of interoception and sensory synaesthesia</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 81</p> <p>PAGE 83</p> <p>PAGE 84</p>	<p>What's my spectrum of sensory things?</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>