

Know your spectrum of self-regulation, routines & interests

Aims

- To understand key aspects of self-regulation, routines & interests in relation to autism.
- Identify personal strengths and areas that are a challenge.
- Develop strategies to support and enhance self-regulation, routines & interests.

Activities A - L

- 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 self-regulation strategies 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 Button 1 PAGE 241-244	Know your spectrum of self-regulation, routines & interests Introduction Read through the introduction and further explain or discuss the main topics. Refer to glossary for definitions and mind map for an overview.
20 minutes PAGE 247	My routines and interests chart ACTIVITY A. MY WORKSHEET Teenagers' complete the worksheet.

<p>20-30 minutes</p> <p>PAGE 251-252 Button 2</p> <p>PAGE 253-254</p>	<p style="text-align: center;">My spectrum of routines</p> <p>ACTIVITY B. YOUR WRITING PROMPTS Website additional writing prompts.</p> <p>ACTIVITY C. MY WORKSHEET Teenagers' complete the worksheet.</p>
<p>20-30 minutes</p> <p>PAGE 259-260 Button 3</p> <p>PAGE 261-263</p>	<p style="text-align: center;">My spectrum of interests</p> <p>ACTIVITY D. YOUR WRITING PROMPTS Website additional writing prompts.</p> <p>ACTIVITY E-G. MY WORKSHEET Teenagers' complete the worksheet.</p>
<p>20-30 minutes</p> <p>PAGE 267-268 Button 4</p> <p>PAGE 269-270</p>	<p style="text-align: center;">My spectrum of not being able to stop following my routines or interests</p> <p>ACTIVITY H. YOUR WRITING PROMPTS Website additional writing prompts.</p> <p>ACTIVITY I. MY WORKSHEET Teenagers' complete the worksheet.</p>
<p>30 minutes</p> <p>PAGE 273-274</p> <p>PAGE 276</p> <p>PAGE 277</p>	<p style="text-align: center;">What's my spectrum of self-regulation, routines & interests?</p> <p>ACTIVITY J. MY WORKSHEET Teenagers' recap and summarise main points learnt throughout the chapter.</p> <p>ACTIVITY K. MY WORKSHEET Teenagers' complete creative writing section using poetry, mini-stories or a narrative.</p> <p>ACTIVITY L. MY PROFILE CHART Teenagers' create a personal profile relating to the chapter.</p>