

Information Sheet

for parents/carers, education & health professionals



What is the *learning about you* booklet?

The *learning about you* booklet is a resource co-produced for children aged 7-11-years-old. It uses fun, accessible, and interactive activities to explore children's strengths, challenges, and the unique ways in which their brains work. The booklet focuses on needs and developing helpful strategies, particularly around sensory sensitivity, social communication, and changes in routine.

What topics does the booklet cover?

The booklet explores:

- What makes each child unique
- Strengths, interests, and hobbies
- Things that feel difficult and who can help
- Sensory differences
- Understanding emotions in themselves and others
- Structure and feeling prepared
- Coping with changes to routine
- Social skills such as taking turns, asking questions, and understanding feelings
- Energy levels and strategies for calming or recharging
- Building confidence at school and at home

Who is this booklet suitable for?

The booklet is designed for children who:

- Struggle with sudden change, understanding others' feelings, social communication, and/or sensory reactions (e.g., to noise, light, smells, or textures)
- Would benefit from support relating to any of the topics covered by the booklet
- Might experience difficulties often associated with autism, but do not have a diagnosis

How can this booklet help?

The booklet aims to:

- Help children understand their sensory and social experiences
- Build emotional awareness and communication skills
- Reduce anxiety around change and uncertainty
- Provide practical strategies for home and school
- Encourage children to recognise their strengths and celebrate who they are
- Support adults to understand the child's needs and respond helpfully
- Build awareness of neurodiversity and celebrate differences



How should the booklet be used?

The booklet can be completed independently, or with a trusted adult such as a parent, teacher, or another professional. It can be used at home, in school, or elsewhere. It works best when printed out, but can be completed digitally. The resource can be freely used and distributed.

Learning about

you!

Activities for children, young people and their families



Your name:

Hello!

This booklet hopes to help you learn about things that can be tricky, and things that can be helpful. You can complete this booklet on your own or with an adult.



Your reward

At the bottom of each page is a box to tick when you're done. Completing this booklet will earn you a reward! Talk to a grown-up and decide together what your reward will be:



My reward for finishing this booklet is:

.....

.....

All about you

Everyone's brains work differently. This means the things that you find easy might be difficult to other people. It also means that the things that you find difficult might be easy for someone else. That's okay though - everyone is different!

There are lots of amazing things about being you.



In this box write down one thing that makes **you** amazing:

.....

.....

Finished? Put a tick in the box and turn the page!

It's okay to find things hard

Even though we're amazing at some things, sometimes there are things we find harder than other people. That's okay though, we can get help!



What's something that you find difficult? Write or draw it here:

Who helps you?
What makes it easier?

Put a tick in this box when you've finished this page

Meet the twins: Alex + Billy



Alex and Billy are twins. They look similar but they still find different parts of their day challenging.

**Let's spend a day with
Alex and Billy!**

Finished reading? Put a tick in the box and turn the page!



In the morning

Sometimes Alex can get worried when they don't know what's going to happen next.

In the morning, Alex and Mum talk through the plan for the day. It helps Alex to feel prepared and relaxed!



What else do you think could help Alex?

Write or draw your ideas here:

Put a tick in this box when you've finished this page

What does your plan for the day look like?

This is an example of how you might plan the things you do on a school day.

After you
wake up



Before
school



At school



After
school



Before
dinner



After
dinner



Before
bed



Finished? Put a tick in the box and turn the page!

Walking to school

Some people have super-senses. You might hear things that other people can't hear, or have a really good sense of smell. Sometimes super-senses can feel too strong and hard to switch off. Things that Billy doesn't notice can sometimes feel really loud, bright, itchy or annoying for Alex.

Can you spot 4 differences between Alex and Billy's walk to school?



Put a tick in this box when you've finished this page

Super-senses can be fun, but they can be annoying too. Write or draw the fun and annoying parts about these 5 senses:

What I like about these senses

How these senses annoy me



--	--



--	--



--	--



--	--




--	--

Finished? Put a tick in the box and turn the page!

In the classroom

Some people find it hard to be around lots of other people or in noisy places. You can always talk to a teacher if you feel uncomfortable.


School can be fun too, especially if you use your super skills!



So fun!


Alex enjoys their favourite subject at school. They're really good at it!

What's your favourite subject?



I feel worried

Alex has a new teacher this year. They still feel a bit uncomfortable with the change.







I love reading

When Alex gets tired they do something fun, which gives them energy.

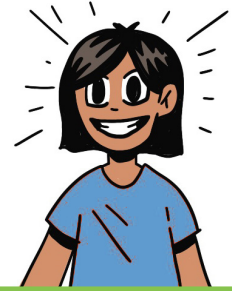
Put a tick in this box when you've finished this page

Tick the things that might use up your energy



	Loud noises	<input type="checkbox"/>
	Bright lights	<input type="checkbox"/>
	Busy places	<input type="checkbox"/>
	Change	<input type="checkbox"/>

Tick the things that might give you energy




	A break in a quiet space	<input type="checkbox"/>
	Asking a grown-up to take away the thing that upsets you	<input type="checkbox"/>
	Holding your favourite toy or blanket	<input type="checkbox"/>
	Doing something you enjoy	<input type="checkbox"/>

Can you write some more things that **use up** your energy?

Can you write some more things that **give you** energy?

Finished? Put a tick in the box and turn the page!

In the playground



What are you playing with?

Alex loves talking about their hobbies. Sometimes they need to remember to ask their friends questions too.


What are your hobbies?



I wonder why Alex is flapping

Flapping helps me show I'm happy

Alex's behaviour might confuse people. Alex explains that it is just a way of expressing themselves.



Are you ok?

Alex can find it hard to know how other people feel. If you find this hard too, you could ask people how they feel or ask a grown-up to help figure it out!

Put a tick in this box when you've finished this page

It's not always easy to tell how someone is feeling. People can have more than one feeling at the same time, and sometimes their face doesn't show how they really feel. But looking at someone's face can still give us a clue about their emotions.

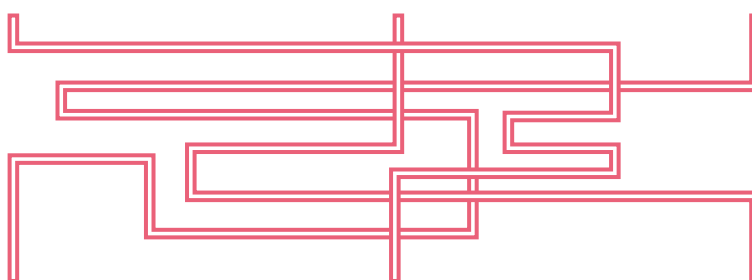
What emotions do you think the emojis below are showing?
Follow the mazes to find out!



Angry

Worried

Happy



That's the right answer. Well done!

Oops! You've hit a dead end, have another go!

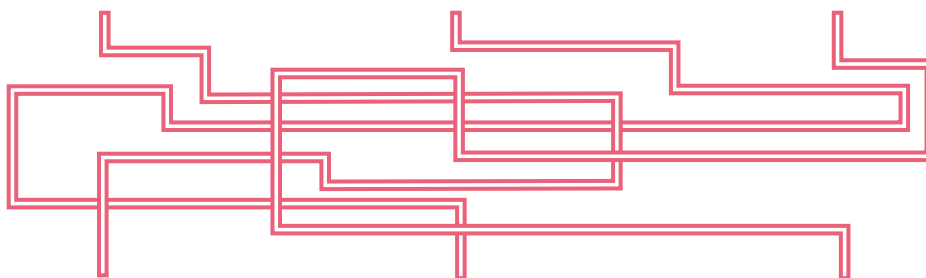
Oops! You've hit a dead end, have another go!



Tired

Angry

Bored



Yes, they might be tired!
Go through the maze again - could they be feeling something else too?

Oops! You've hit a dead end, have another go!

Yes, they might be bored! Go through the maze again - could they be feeling something else too?

Finished? Put a tick in the box and turn the page!



Change of plan

A change of plan can be difficult, but it can also be fun!

Alex's mum needs to go to the shops after school. Alex didn't expect this, so they start to feel nervous. Mum knows that Alex will be calmer if they have something to do:



What do you think could help Alex feel better when their plans change? What helps you?

Put a tick in this box when you've finished this page

Alex is making a vegetable curry for dinner, but they're not sure what to put in it.

Can you help them decide on some ingredients by ticking the ones you'd choose?



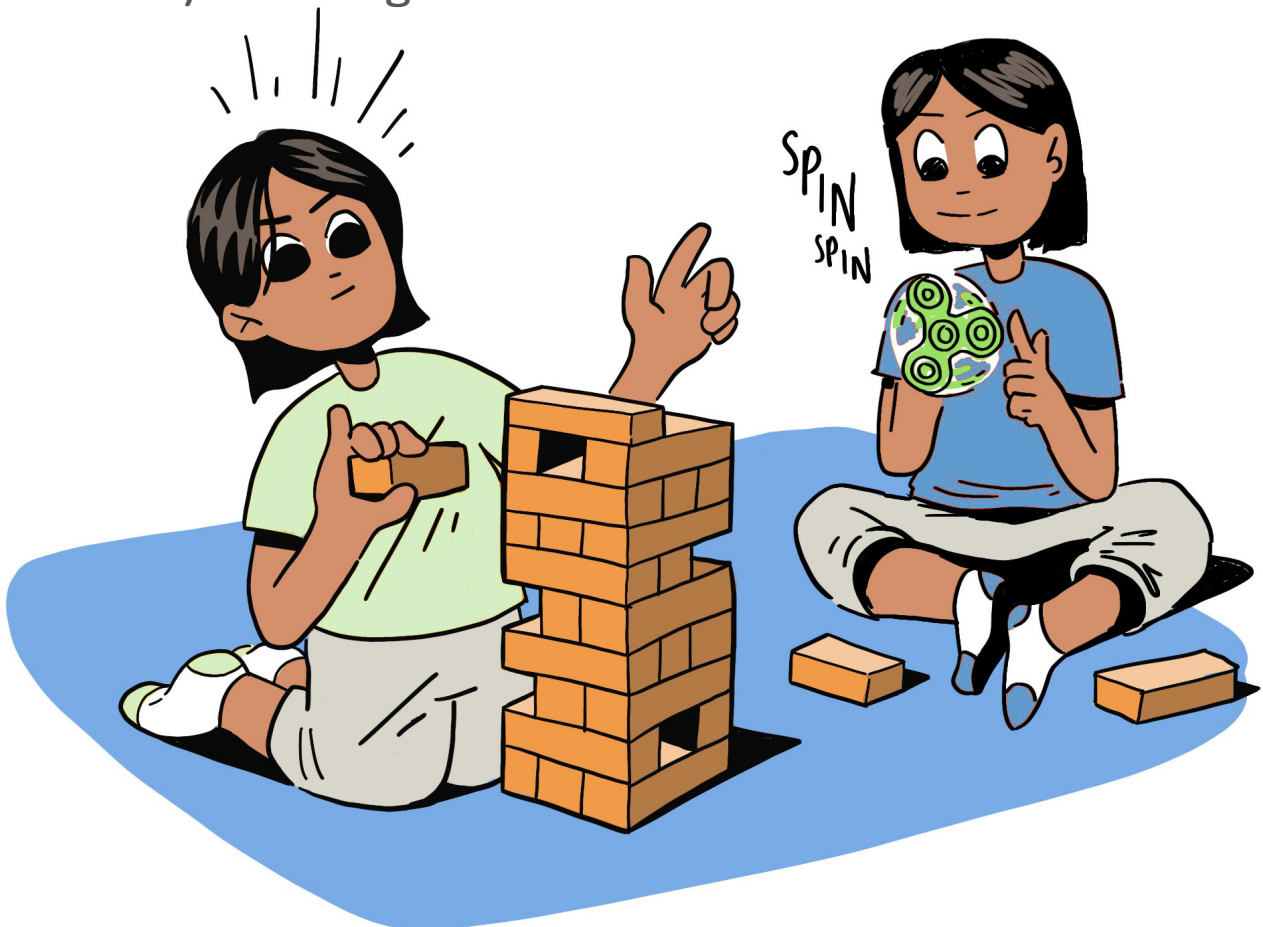
Finished? Put a tick in the box and turn the page!



Back at home

Some children can find it difficult to understand how to take turns and share. That's okay! Taking turns is something we can practice, and get better at.

When the twins play games together, Alex needs to wait when it's Billy's turn. This can be hard, so Alex does something fun while they're waiting for their next turn!



Use the space below to write another thing Alex could do to help them wait their turn:

Put a tick in this box when you've finished this page



Billy thinks Alex is really cool, so they made a wordsearch about all the amazing things about Alex!

How many of these words can you find?

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

Thoughtful

Kind

Joyful

Honest

Energetic

Creative

Trustworthy

Loyal

Finished? Put a tick in the box and turn the page!



What did you learn?

Well done for getting to the end! Alex has made a quiz to see how much Billy understands. Can you complete the quiz too?

		TRUE	FALSE
1	Everyone's brains work differently	<input type="checkbox"/>	<input type="checkbox"/>
2	Everyone thinks in the same way	<input type="checkbox"/>	<input type="checkbox"/>
3	Everyone is unique	<input type="checkbox"/>	<input type="checkbox"/>
4	Some people find it difficult when a plan changes suddenly	<input type="checkbox"/>	<input type="checkbox"/>
5	Everyone finds it easy to know how people are feeling	<input type="checkbox"/>	<input type="checkbox"/>
6	I can grow up to have an amazing job	<input type="checkbox"/>	<input type="checkbox"/>
7	You can get better at taking turns	<input type="checkbox"/>	<input type="checkbox"/>
8	There are lots of brilliant things about being you	<input type="checkbox"/>	<input type="checkbox"/>

Put a tick in this box when you've finished this page

This certificate is for:

Who achieved the level of:

AMAZING

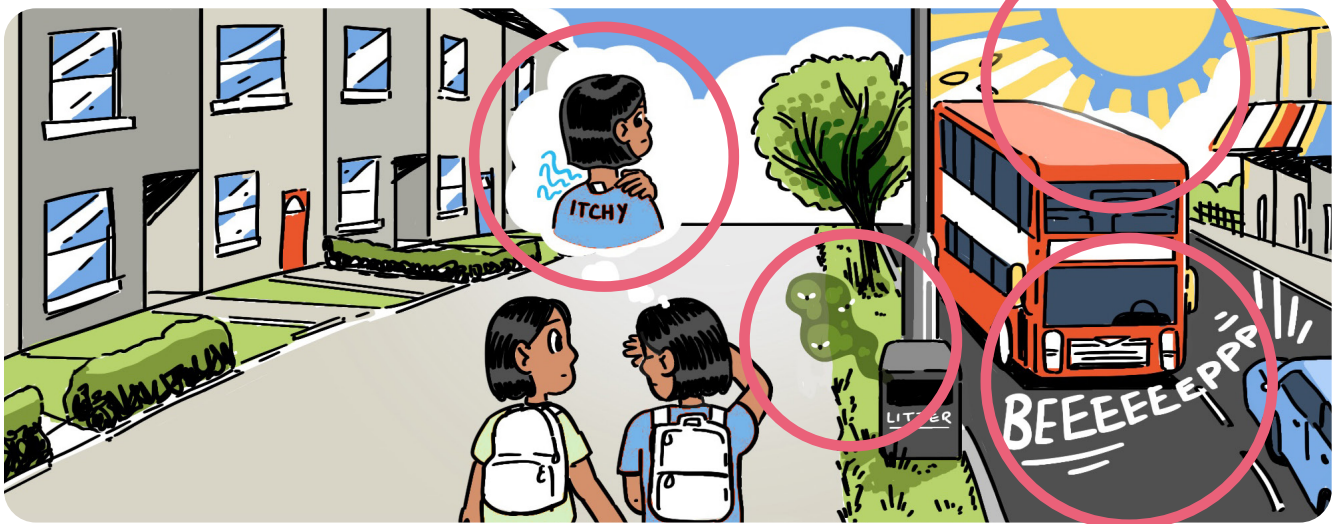
**by completing their activity book and
learning more about themselves**



**Their grown-ups have agreed to
reward them with:**

A large, empty rectangular box with a white background and a green border, intended for writing a reward.

Walking to school answers



1. Alex found the sun brighter.
2. Alex found the bin smellier.
3. Alex found the beep louder.
4. Alex found their uniform itchier.

Wordsearch solution



Quiz answers

		TRUE	FALSE
1	Everyone's brains work differently	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2	Everyone thinks in the same way	<input type="checkbox"/>	<input checked="" type="checkbox"/>
3	Everyone is unique	<input checked="" type="checkbox"/>	<input type="checkbox"/>
4	Some people find it difficult when a plan changes suddenly	<input checked="" type="checkbox"/>	<input type="checkbox"/>
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8	There are lots of brilliant things about being you	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Here is who created this booklet



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And here are all the organisations who helped



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young people who took the time to help
co-produce this booklet.

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