

True Colours



Classroom Lesson Plan:

Understanding Autism at School

April is Autism Month

Lesson Plan: Understanding Autism At School

Lesson Duration: 30-45 minutes

Lesson Objectives:

By the end of this lesson, students will:

- Understand what autism is in simple terms.
 - Recognise that autistic student may think, communicate, and experience the world differently.
 - Learn ways to be kind, inclusive, and supportive of their autistic peers.
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Lesson Structure:

1. Introduction (10 minutes) – *What is Autism?*

Discussion Questions:

- Have you ever heard the word "autism"?
- What do you think 'autism' means?

Watch Video 🎥 (4 minutes) – *"Amazing Things Happen"*

[YouTube Link](#)

Discussion Questions:

- What did you learn about autism?
- How do autistic people experience the world differently?
- How do we all have unique strengths?

2. Activity Time (5-10 minutes each):

♥ Activity 1: How do our senses work?

Autistic people can experience sights, sounds, smells, and textures differently. Let's explain how this might feel to others.

Touch sensitivity:

- Pass around different textured objects (smooth, rough, soft etc).

Discussion Questions:

- How do they feel different?
- Which ones do you like or dislike the most?

Key Takeaway: Some people experience sensory input more strongly or less than others, and that's okay!

♥ Activity 2: How to be a good friend

Discussion Points:

- Be patient if someone needs more time to respond.
- Use kind words and respect different ways of communicating.
- Accept that some friends like quiet time or play in their own way.

Discussion Questions:

- Are there other ways we can be a good friend?
 - What are things friends do that make you feel good?
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♥ Activity 3: Everyone is different... and that's amazing!

Create a worksheet:

- Draw or write about what makes you unique!
 - What are your strengths?
 - Write about one thing you can do to help make school a more welcoming place for all students.
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3. Homework Idea 💡

When you go home, share one thing you learned about autism with a family member.