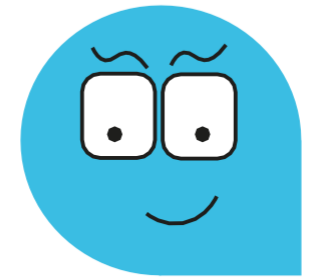
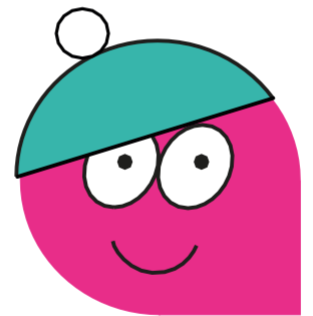
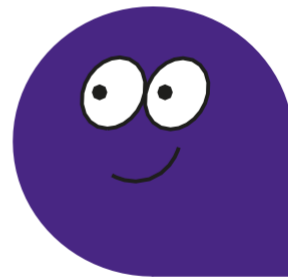




National
Autistic
Society

**World Autism
Awareness Week**
30 March - 5 April

Five good rules for autism- friendly schools



Axcis
Education
Leaders in SEND Recruitment

Schools activity
for World Autism
Awareness Week,
kindly supported
by Axcis Education

The National Autistic Society is a charity
registered in England and Wales (269425)
and in Scotland (SC039427)

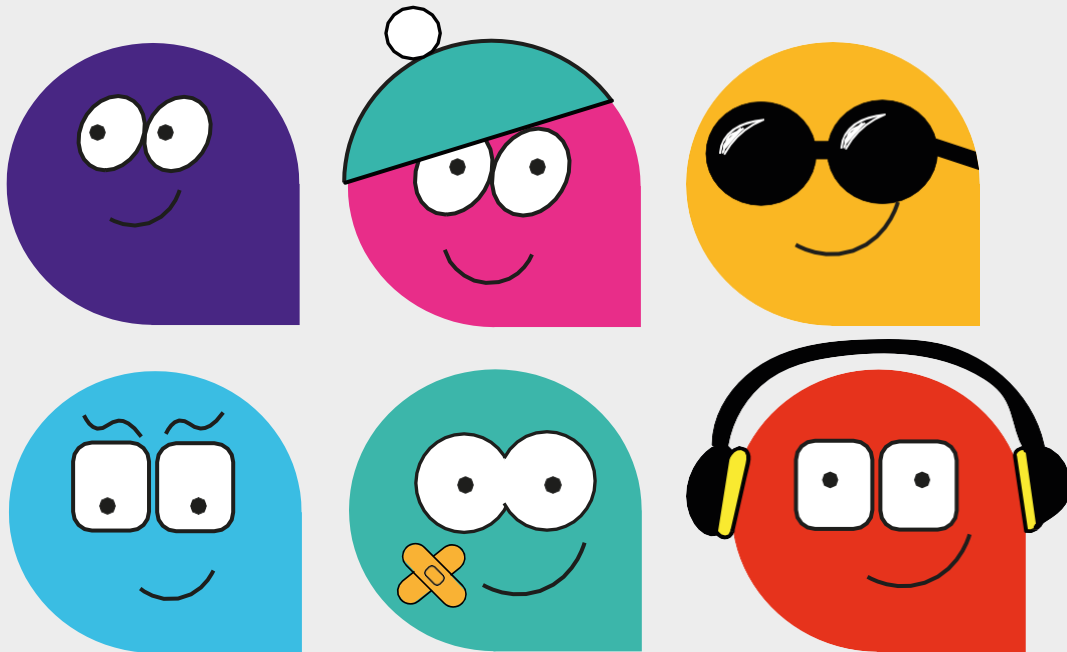
Primary KS2

Helping others

Meet the Trummies — six colourful characters with vibrant personalities who are on the autism spectrum

The Trummies display characteristics that autistic children have.

Communication challenges, repetitive behaviour, intense interests, difficulty with change, sensory issues and intense anxiety.



Learning objectives

To understand five ways to be kinder and help those around us who might be having a hard time.

To understand why we need rules and what makes a good rule.

Learning resources

- [*The Five rules animation*](#)
- [Five rules poster](#)
- [Trummies rule sheets](#)
- [My suggested rule](#)

Activities

1. Starter activity

You are going to meet the Trummies - Purple, Pinky, Custard, Bluey, Minty and Rusty - six characters who are the same in many ways but are also quite different.

You can meet them [here](#).

The Trummies have come up with five rules, which they think are good rules to follow at school, to help people who are having a tough time.

- Think about the concept of rules. What are they there for?
- What rules do we have in our school?
- What would happen if the rules were to change?

2. Individual

Watch the following:

<https://youtu.be/KwT8gdWfC10>

- What are the five good rules?
- Do you think these rules are good and why?
- How do the rules help people?
- Can you think of any other good rules?

1. Look at the five good rules poster.
2. Answer the questions in the rule files.
3. Describe your rule and give an example of when someone might be able to help someone else in this situation.

3. Plenary

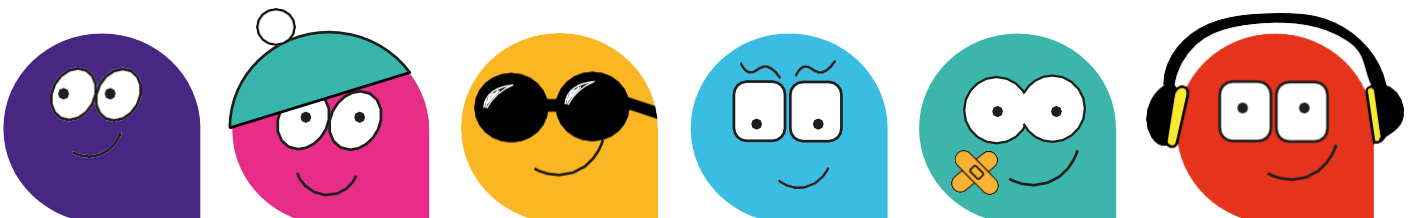
Look again at the list of good rules.

- What have you learnt about helping people?
- What can you do to help each other at school?

4. Extending learning (Art)

Use the information from your good rules file to create a poster,

The posters could show pictures of the Trummies helping each other out.

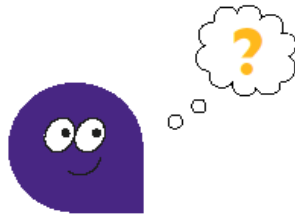


Five rules for autism-friendly schools

A few small adjustments can make a big difference for everyone.

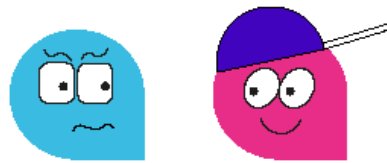
Rule 1

Give people time to think and answer questions.



Rule 2

Support people who find change difficult.



Rule 3

Help keep lights low and the sound down.



Rule 4

Understand people get anxious about new places and faces.



Rule 5 (part 1)

And, if someone is having a really hard time ...

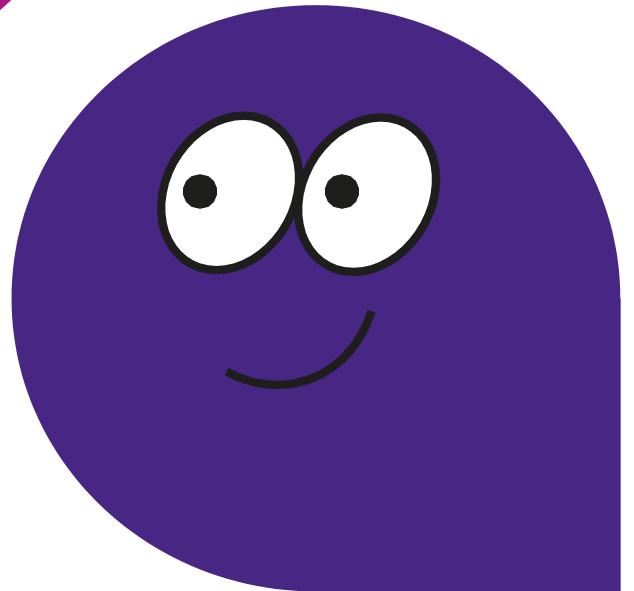


Rule 5 (part 2)

... give them a smile and help them feel fine.



Good rule no. 1



**Give people time
to think and answer
questions.**

What is the rule? _____

Why is it a good idea? _____

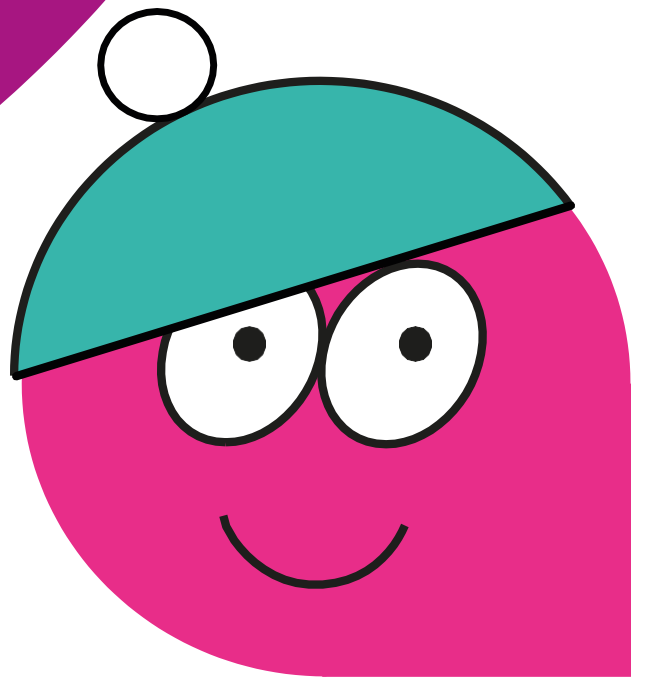
Would it help everyone? _____

How long do you think you should give? _____

Do you like to answer questions quickly
or slowly? _____

When can you use this rule? _____

Good rule no. 2



**Help people who
find change difficult.**

What is the rule? _____

Why is it a good idea? _____

Would it help everyone? _____

Gives some examples of change _____

**How can you support people who are
struggling with change?** _____

When can you use this rule? _____

Good rule no. 3



**Help keep lights low
and the sound down.**

What is the rule? _____

Why is it a good idea? _____

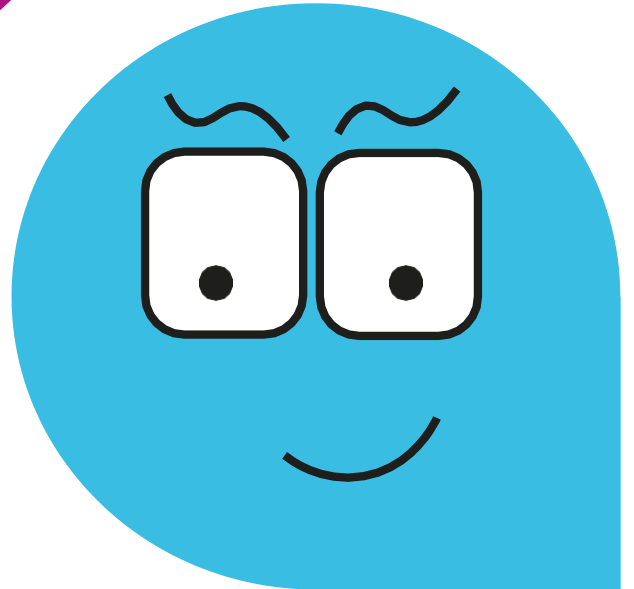
Would it help everyone? _____

Do you like loud noise? _____

Do you like bright lights? _____

When can you use this rule? _____

Good rule no. 4



**Understand people
get anxious about
new places and faces.**

What is the rule? _____

Why is it a good idea? _____

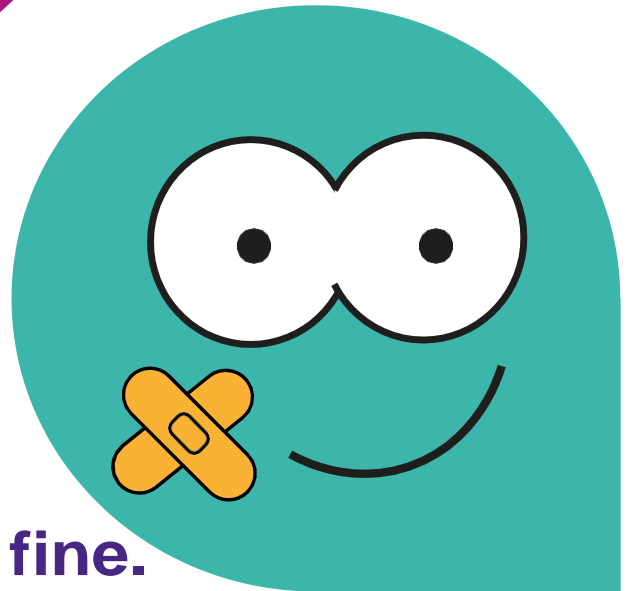
Would it help everyone? _____

**Give examples of new places you might visit
at school.** _____

**Give examples of new faces you might meet
at school.** _____

When can you use this rule? _____

Good rule no.5



If someone's having a hard time, given them a smile and help them feel fine.

What is the rule? _____

Why is it a good idea? _____

Would it help everyone? _____

Write down some examples of hard times. _____

Why do smiles help? _____

When can you use this rule? _____

A new good rule



What is the rule? _____

Why is it a good idea? _____

Would it help everyone? _____

When can you use this rule? _____
