

Friends Like YOU

Friends Like ME

Discover Similarities.

Appreciate Individuality.



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HEALTH

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Friends Like YOU
Friends Like ME



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Everyone
Needs
Friends

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“ When teachers come up to me and say, ‘I don’t have enough training to deal with a kid with a disability,’ the way I answer that is, ‘Well, how would you know when you had enough training?’

And, after thinking about that for awhile, they usually say, ‘When my fear goes away.’

When you first walk into that class, the disability is 9/10 of who that kid is.

When you get to know that kid, the disability shrinks down. And yes, it is still there. But it is not the defining attribute of that kid.

As that disability shrinks down so does the fear. ”

Norman Kunc

From the “Including Samuel” New England Inclusive Education Leadership Summit

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Purpose

Encourage recognition of children's similarities

Reinforce desire to be accepted and have friends

Build awareness and demystify autism (general, age-appropriate explanation of autism)

Encourage inclusion, respect, and friendship between children of all abilities in all facets of their lives

Support acceptance, increase empathy, and reduce intimidation and bullying

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Engage in guided, age-appropriate interactive discussions about

Friendship

Abilities and disabilities

Interactions

Fairness

Similarities and differences

Acceptance

Understanding

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Discuss “What is a friend?”

Some common answers...

- similar interests
- respect
- loyal
- patient
- helpful
- don't make fun
- encourage each other
- accept each other as they are trustworthy
- play with each other; hang out
- have fun
- support
- “got your back”
- appreciates what you do



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Discuss similarities and differences of friends

- Are you and your friends the same or different?
- What do you and your friends have in common?
- What makes them unique?
- What do you and your friends like to do together?

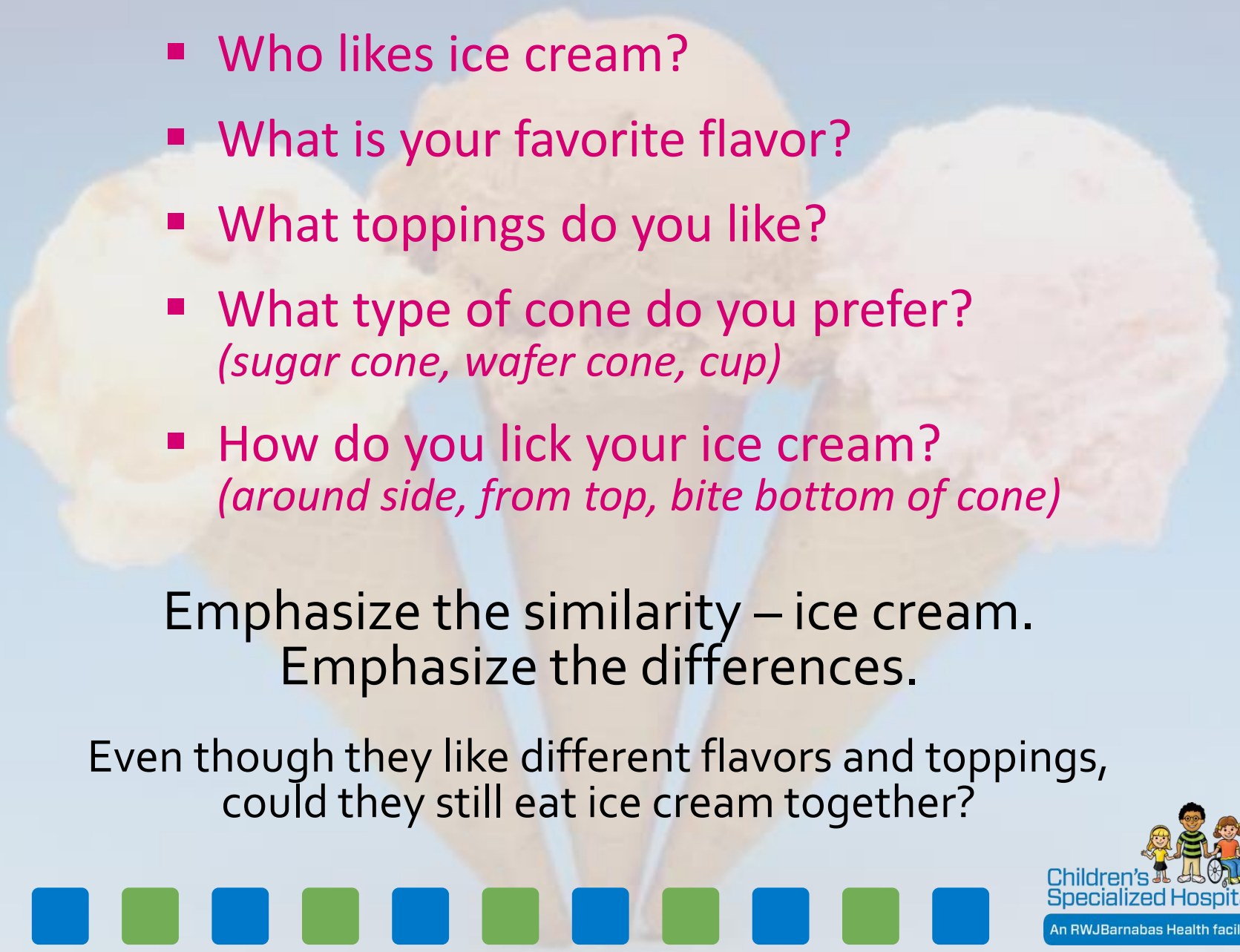
Some common responses...

- sports
- video games
- shopping
- movies
- hanging out
- dancing





Let's talk about ice cream !

- 
- Who likes ice cream?
 - What is your favorite flavor?
 - What toppings do you like?
 - What type of cone do you prefer?
(sugar cone, wafer cone, cup)
 - How do you lick your ice cream?
(around side, from top, bite bottom of cone)

Emphasize the similarity – ice cream.
Emphasize the differences.

Even though they like different flavors and toppings,
could they still eat ice cream together?



We can be the same AND different

Everyone is different.

Different is O.K.



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Discuss strengths and weaknesses

A photograph of two children playing hockey on a snowy street. The child on the left is wearing a brown and black jacket and is smiling. The child on the right is wearing a pink snow suit and is looking down at the puck. A yellow hockey stick and a yellow puck are on the ground between them. The background shows a house with windows and a door.

- Are you and your friends good at the same things ?
- What types of things are you really good at ?
(sports, singing, art, video games, gymnastics, writing, puzzles, dancing, math, chess)
- What types of things are you not so good at doing?

The things we're
good at are called...

ABILITIES



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When our mind or body restricts us
from doing things we need or want to do,
it is called a...

DISABILITY



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Discuss ways to support others

If you broke your arm, what types of things might you not be able to do?

Some common responses...

- write or type
- carry books
- cut with scissors

How could friends help you?





If you break your leg, what types of things are available to help you to get around school?

- crutches
- wheelchair
- cane
- ramps
- elevators
- friends, etc.

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Discuss various types of physical disabilities

Some examples...

- broken arm or leg
- cerebral palsy
- spinal injury
- amputated limb



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- What is the name for the disability where a person is unable to see? If a person cannot see, how can he or she get around?
(assistive devices, walking cane, service dog, etc.)

- What is the name for the disability where a person is unable to hear? If a person cannot hear, how can you communicate with him or her?
(pictures, sign language, service animal, written words, gestures, lip reading, augmentative communication device, etc.)



Discuss various types of “invisible” disabilities

Some examples...

- learning disabilities
- hearing loss
- visual impairments
- allergies
- attention-deficit/
hyperactivity disorder
(ADD/ADHD)
- mental illness
- autism
- depression
- asthma
- diabetes



A young man with short brown hair, wearing a blue zip-up jacket, is holding a basketball with both hands. He is looking down and to the right with a slight smile. The background is a blurred outdoor setting with trees and a path. Overlaid on the image in large, bold, purple text is the title "Autism Spectrum Disorder".

Autism Spectrum Disorder

Discuss characteristics of autism spectrum disorder

COMMUNICATION

Some kids...

- can talk
- have difficulty speaking
- may say things out of context
- repeat things they've heard (echolalia / scripting)
- may not be able to understand some expressions



That's Cool.

What's Up?

Get Real.

Come over my house.

That's hard.

Get a hold of yourself.

Lend me a hand.

Know it all.

Put your best foot forward.



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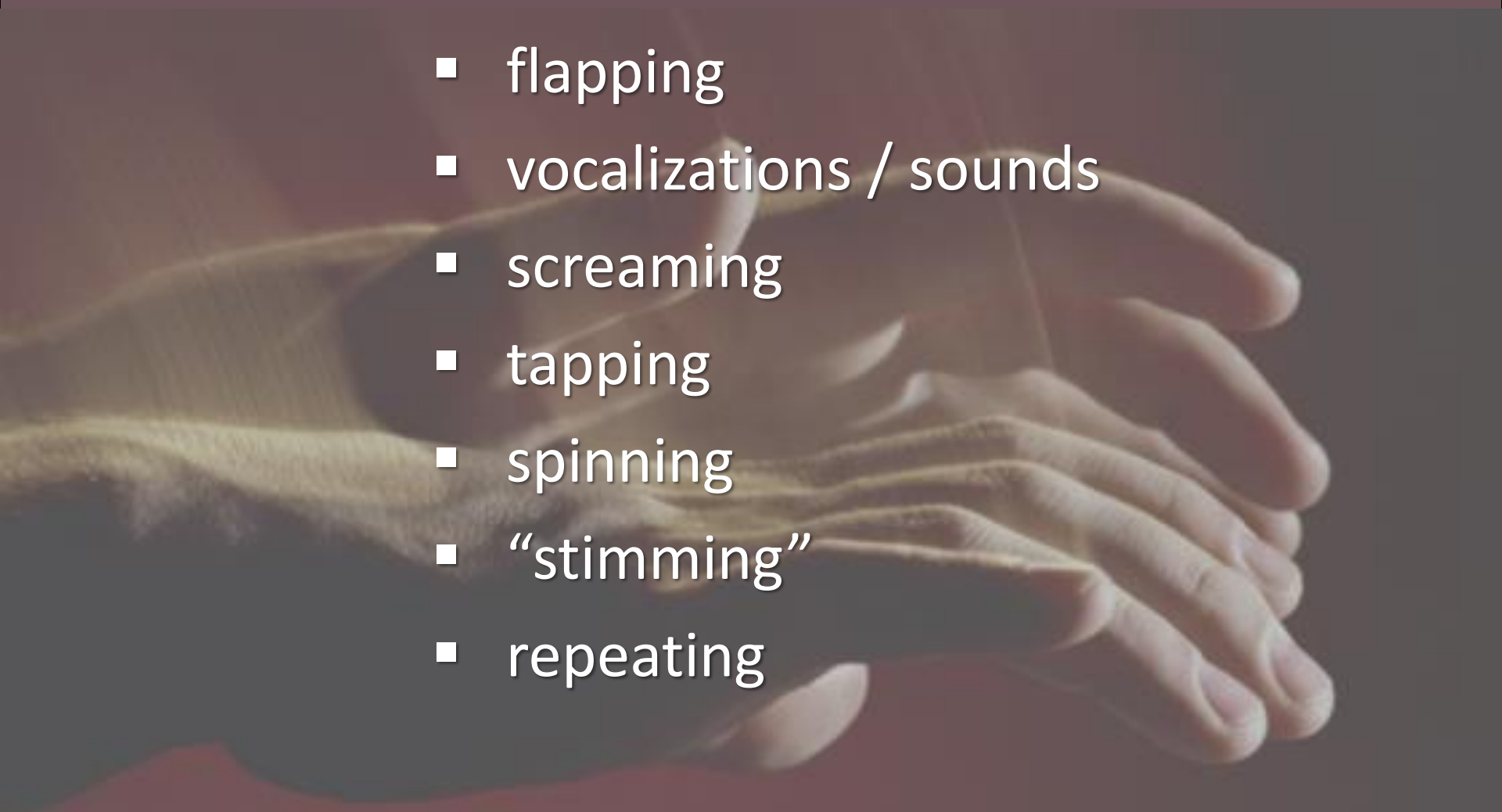


Discuss unique forms of expression

- When you are angry, how do you express your feelings?
- When you are upset, how do you calm yourself down?
- What do you do when you are frustrated?
- What do you do when you are scared?
- What do you do when you are confused?



Explain common behaviors or expressions of people with ASD

- flapping
 - vocalizations / sounds
 - screaming
 - tapping
 - spinning
 - “stimming”
 - repeating
- 

BEHAVIORS

Some kids may...

- not respond when you call their name
- have a hard time shifting from one activity or place to another
- have difficulty sitting still
- get upset when there's a change in routine
- over-react to common or unexpected experiences
- act unexpectedly



SOCIAL INTERACTIONS

Some kids have a difficult time...

- understanding rules of a game
- taking turns
- sharing
- understanding ownership
- identifying facial expressions
- understanding others' feelings
- expressing feelings/opinions appropriately
- finding the right words
- with social rules

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Discuss understanding of social rules

- What is a social rule when you are in a library?
- What is a social rule when your teacher asks a question in the classroom?
- What is a social rule on the playground?
- What is a social rule in a restaurant?



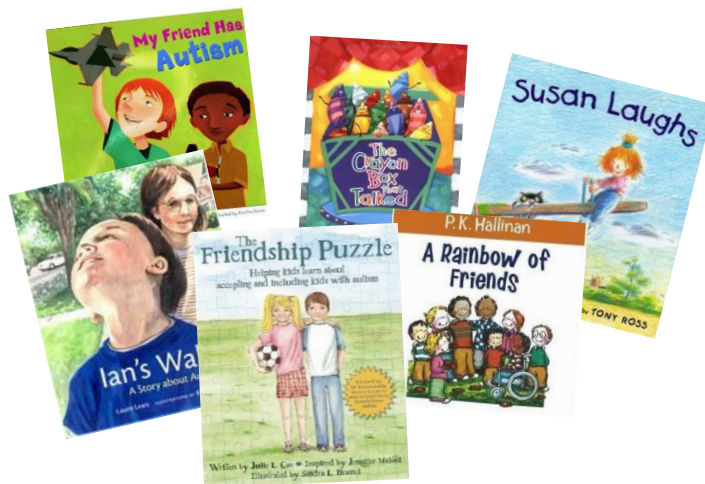
SENSATIONS

Some kids may be...

- sensitive to touch
- unaware of personal boundaries
- unable to gauge gentle from rough
- sensitive to certain sounds (too loud – fire drill; hypersensitivity – hear an airplane before others)
- unable to tolerate certain foods
- sensitive to some smells
- sensitive to different visual stimuli (bright or flashing lights)
- have challenges with movement / perception
- challenged with balance / stability



Share an age-appropriate book about a child with autism or other disability



Books help to connect children with characters and feelings in the story

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Emphasize the importance of inclusion and adapting common recreation and leisure activities to include friends with differences.



Help children be proactive to include others of any ability

- If I'm in a wheelchair can I go bowling with my friends?
- How can a person who is deaf play softball on your team?
- Do you know if the basketball team assistant would like the chance to play?
- What if game rules were difficult to understand?



Friends Like YOU Friends Like ME

Free, downloadable materials to
support inclusive peer relationships

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KOHL'S
Autism Awareness

Friends Like YOU Friends Like ME

Discover Similarities.
Appreciate Individuality.



Booklet for kids and teens

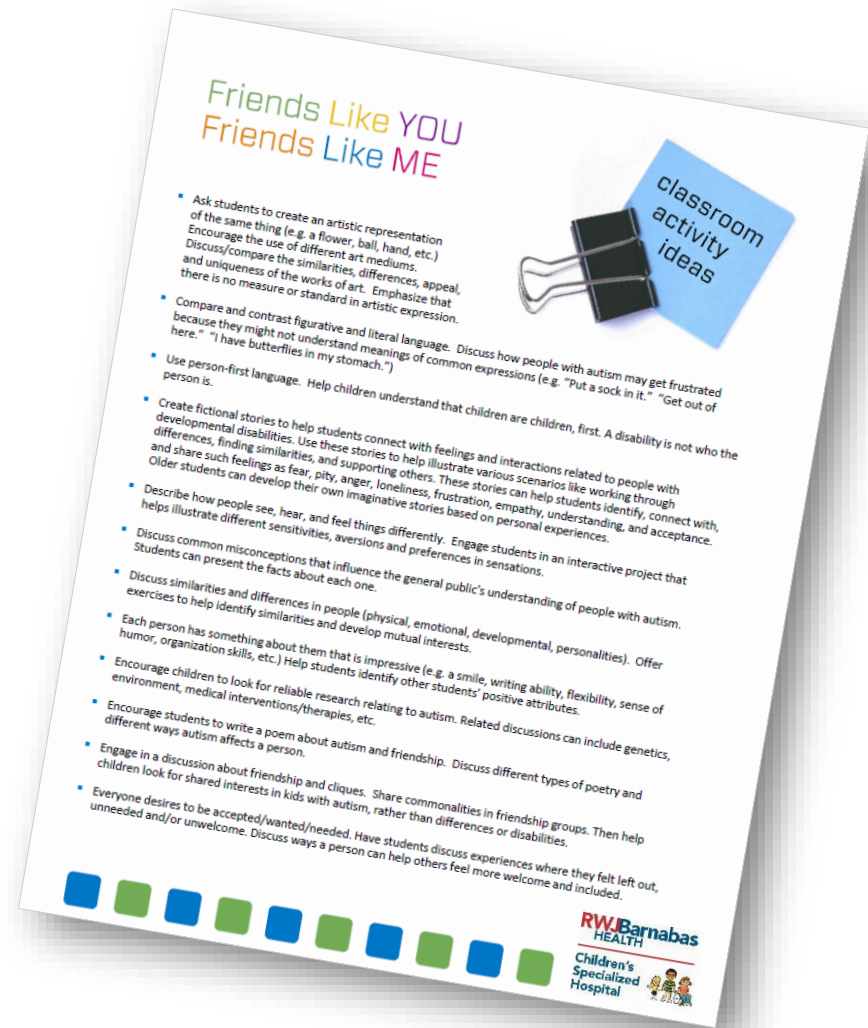
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Classroom Activity Ideas

Provides ideas for classroom assignments, projects and activities



Ways to Help Friendships Grow

Provides ways to encourage positive peer interactions in subtle ways



Resources for Friendship and Inclusion

Provides references to books, websites, and articles



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Discover More About Friendship

Children's reading
list of books
related to autism
and friendship



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“Even though someone has autism
he or she can still be my friend.”

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