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**OUR  
WORLD**

# KIDS' GUIDE TO **Autism Acceptance**

CELEBRATE AUTISM  
ACCEPTANCE MONTH WITH



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Autism Society





A person's brain is always working! It helps you understand the things you see, hear, taste, smell, and touch. It also guides thoughts, memories, and emotions. Autism Spectrum Disorder, or Autism, changes the way the brain learns and senses things. People with Autism are neurodivergent (noor-O-dih-verr-GENT). This means their brains understand, or process, things differently than most people.

Everyone experiences the world differently. Kids and adults with Autism can face special challenges, and may need extra help, but they also have unique strengths and skills.

## Learning Support

Learning styles are the different ways people learn. Some learn best by reading and writing, some by listening, some by seeing, and some by touching. Here are a few tools and learning strategies that you can explore:

**POWER UP POWER CARDS** help keep you on track. They have special Nick characters on them to give you little reminders or words of encouragement. [Make your own here!](#)

**SENSORY TOYS** help calm or focus your brain, especially if you're feeling nervous, scared, or worried. Make a simple DIY [Sensory Bag](#) to use when you, or someone you know, needs a break!

**TOTALLY AWESOME TOKEN BOARDS** recognize all your hard work! When you accomplish a task, you earn a token. Each token can get you one step closer to something special, like a reward. [Download one here!](#)

**VISUAL SCHOOL SCHEDULES** help you keep a daily routine. They come with pictures that represent different school activities and you can put them in order to fit the timing of your day! [Check them out here!](#)

## Special Interests

Special interests are common in the Autism community. Lots of people have things they love doing, exploring, and learning about. When you find something you think is totally fascinating, you've found a special interest. You can have one or many! It's all about what you're interested in, like trains, drawing, or even your favorite Nick characters. These kinds of interests help you learn, connect with others, and can even lead to a future career or passion!

# You Are Amazing!

You're like nobody else! Your interests, the way you learn, and how you experience the world, are unique to you. And that goes for everybody! Learning about and celebrating people for who they are helps make the world a kinder, more accepting place.

## Special Interest Share Out

Find a friend, teacher, or loved one, and take turns answering these questions about your special interests.

What do you love to think about? What is one thing you find totally fascinating?  
What is your favorite part about it? Share three fun facts about it.



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NICK IS HERE TO HELP.**

[NickHelps.com](https://www.nickhelps.com)  
for kids of all ages

[NickParents.com](https://www.nickparents.com)  
for parents and caregivers

[NickCommunity.com](https://www.nickcommunity.com)  
for youth organizations and educators