

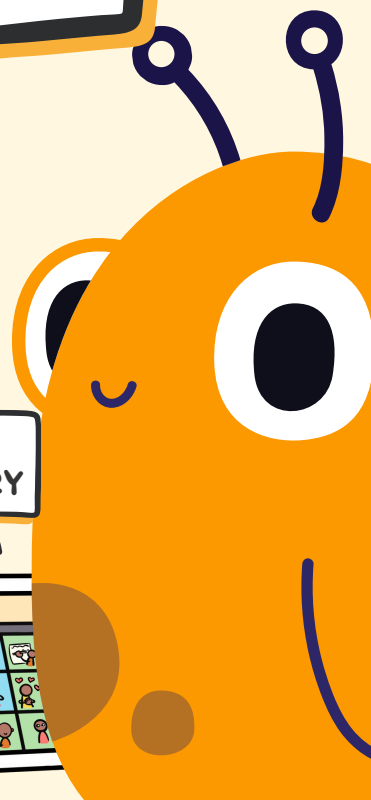


AUTISM HOLIDAYS

A Social Story for Adults

About Autism

By Autism Homeschool

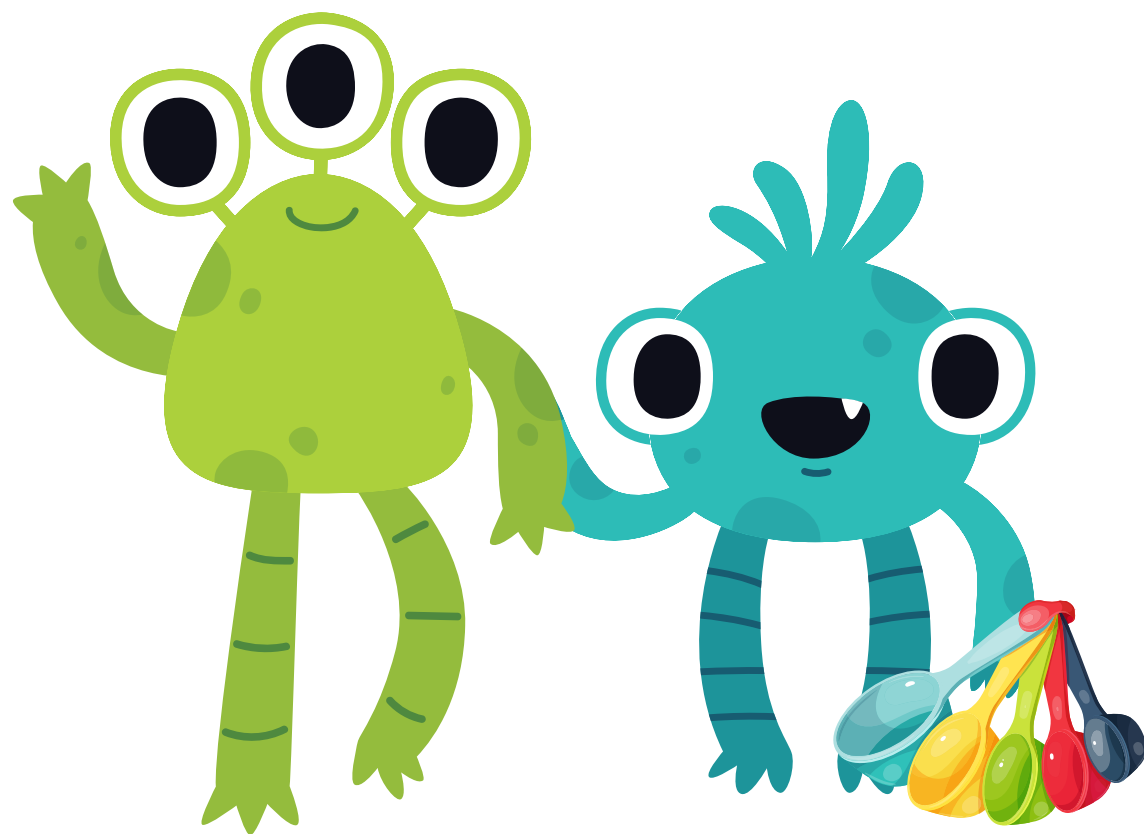
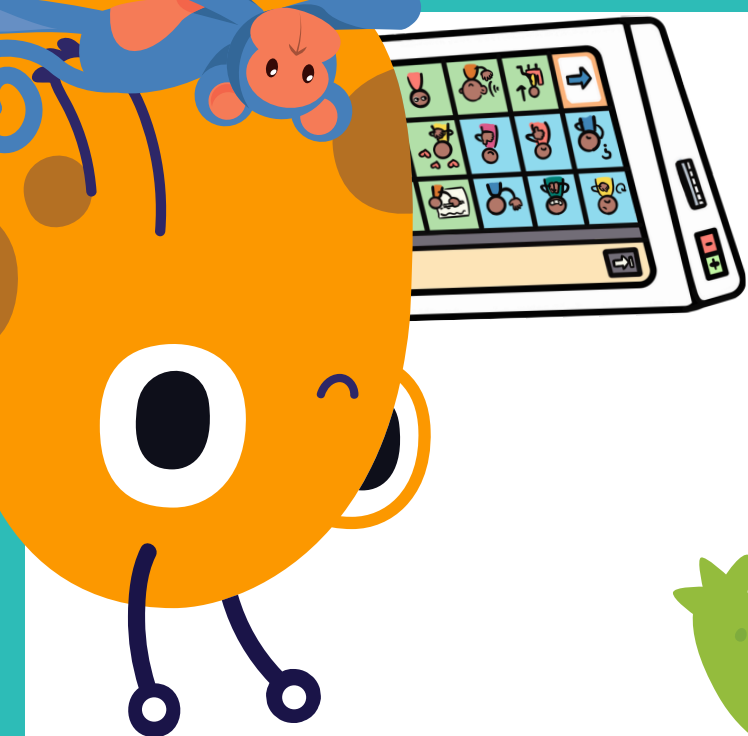


TIME TO EAT!

I'M HUNGRY

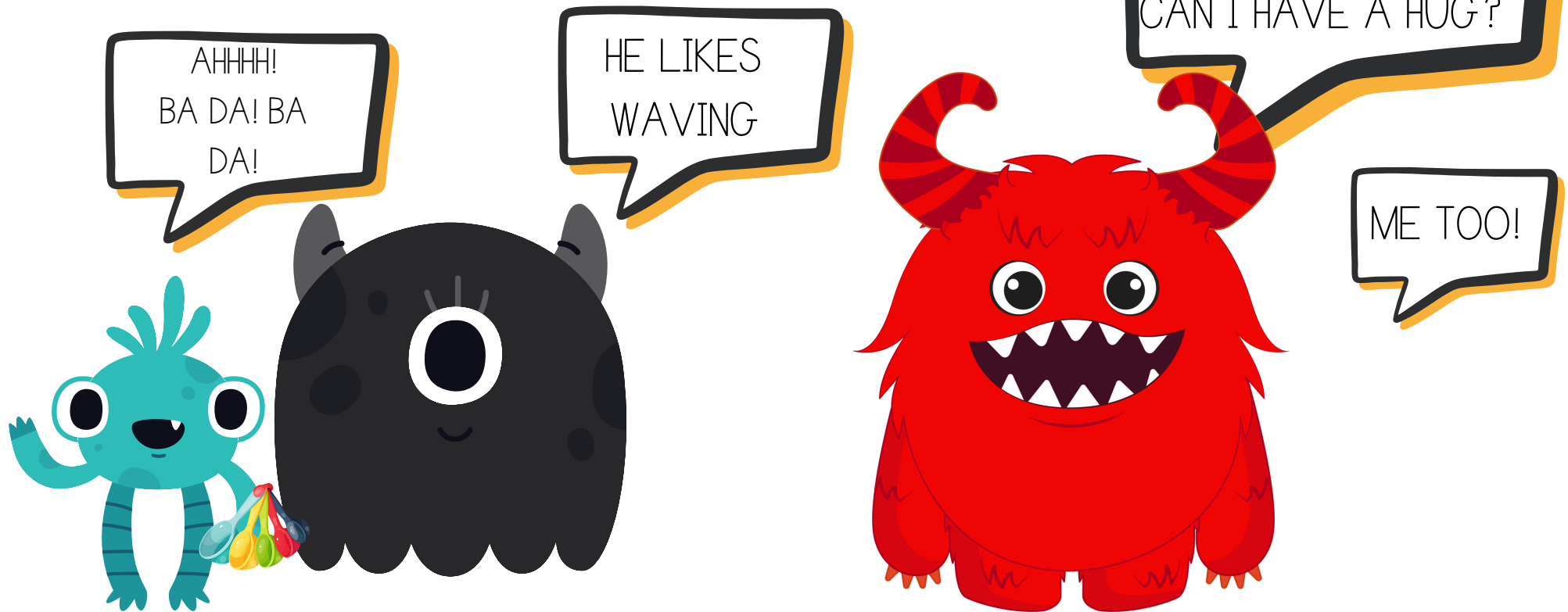


I am so excited to spend the holidays with you!



There are some things I would like you to know about me to help you understand me.

I may not respond in ways that you are used to
and that is ok!



When you greet me, I may not be comfortable
hugging or kissing you. Please understand that it
might make me uncomfortable.



**I LOVE YOUR
SONG!**

**AAAAA!!!!
BBBBB!!!!
CCCCC!!!**



I may engage in a behavior called stimming. This could look different depending on the person. Please ask my grown-up for guidance. They know me best! Some examples of stimming are loud vocalizations, hand flapping, rocking back and forth, finger mannerisms, etc. Stimming helps me calm myself. Please do not stop me from stimming unless it is dangerous! Everyone has a way to calm themselves, this is mine.



**I BROUGHT HIS
CHICKEN
NUGGETS.**

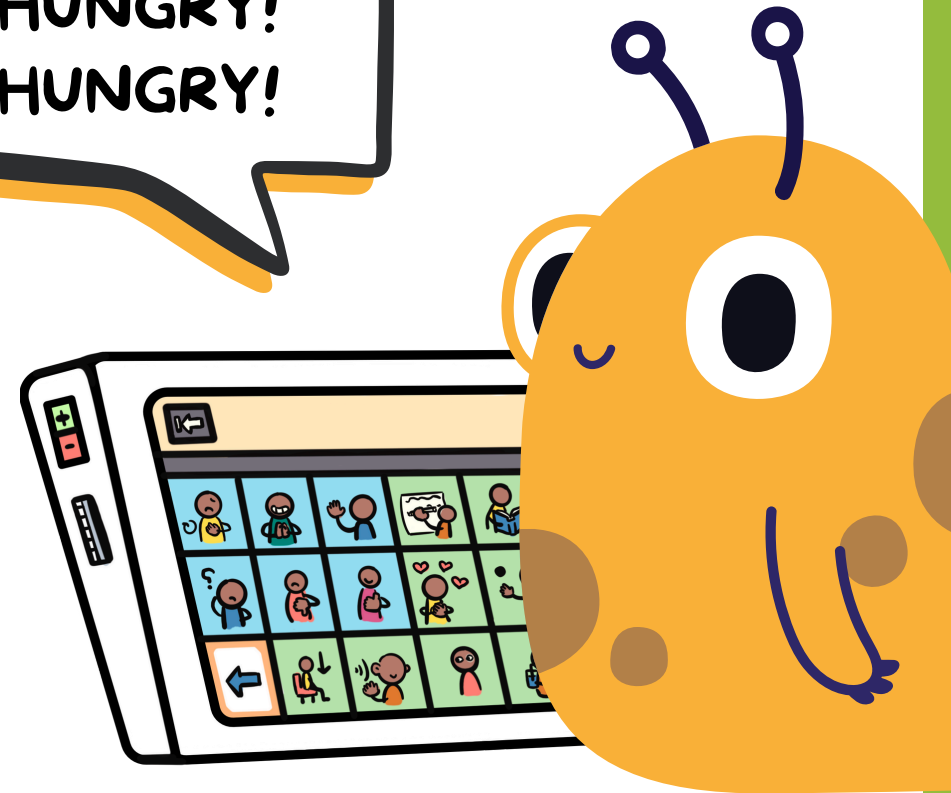


**PERFECT!
I GOT HIS
FAVORITE CHIPS
TOO!**

My grown-up might bring food, just for me. Please do not take this the wrong way. Your food is great! I might have food sensitivities, allergies, or sensory issues that cause me not to be able to eat certain foods. Please be kind to my grown-up. They know me best and can make the right choices for me.



If I am overwhelmed, I might get really upset and have a meltdown. This is not the same as a tantrum. I cannot control this and this is not a result of my not getting my way. I am genuinely having a very difficult time. I need to calm and my grown-up will help me. The best way to help in this situation is to ask my grown-up, "how can I help you."



I may not communicate in ways you are used to, like talking. I may have really cool ways of talking to you, like through pictures, a tablet, eye gaze, or sign language. Again, my grown-up can tell you all about this. They are awesome!



My grown-up might give me a toy that doesn't seem "age-appropriate" to play with; or an item, that isn't a toy at all, like a string or measuring spoons; or an iPad for me to have fun while I am at your house. It makes me happy and could be my comfort item. Your home or being around new people may be overwhelming for me. These things help me. My grown-up is making the right choice. Please be respectful of their choice.



MY KIDS ATE
WHAT I FED
THEM.

THAT'S
SWELL



Sometimes people say things to my grown-up that hurt their feelings.

Here are some examples:
I don't know how you do it.?
If it were my child...
My kids did this...



My grown-up(s) love me with all their heart and
wouldnt trade me for the world. Please
understand that statements like these, although
they may not be meant this way, can hurt feelings.



**HOW CAN
WE HELP!?**



The BEST things to say to my grown up:
You are awesome!
How can I help you!

What my grown-up needs is kindness, never judgment. They are doing a great job.



HAPPY HOLIDAYS!



My family and I can not wait to spend the holidays with you!
I hope you enjoyed this story and learning about kids like me!
I hope you will tell me about you too!

THE END.

ALL ABOUT ME

NAME

**FAVORITE
FOODS**

**ANYTHING
ELSE?**

MY FAVORITE THINGS

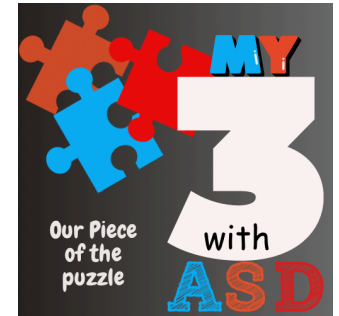
THINGS THAT UPSET ME



Thank You!



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