



GO BEYOND INFINITI



UNDERSTANDING AUTISM

Instruction Manual for
Activity Handbook – Ages 8 to 12

Dear Educator, Parent, or Group Leader,

Welcome! This activity booklet was designed to help children aged 8 to 12 learn about autism spectrum disorder (ASD) in a fun, respectful, and age-appropriate way. The goal is to build empathy, increase understanding, and promote inclusion through engaging exercises, reflections, and discussions.

What's Inside:

This booklet includes **10 core activities** and learning sections:

1. **Same & Different** – Build self-awareness and empathy through simple preferences.
 2. **What Is Autism?** – Learn about ASD and what it affects.
 3. **Prominent Characteristics** – Explore the range of behaviors and traits that may be common in autism.
 4. **Understanding the Spectrum** – Celebrate neurodiversity by showing how unique each person is.
 5. **Myth Busters** – Sort fact from fiction about autism.
 6. **Sensory Station Exploration** – Reflect on how different people experience the world through their senses.
 7. **Communication Challenge** – Try non-verbal communication to understand different ways people express themselves.
 8. **Inclusion Pledge Poster** – Create a poster to promote inclusive communication and friendship.
 9. **Read & Reflect** – Analyze and discuss an excerpt from a story about an autistic camper named Lila.
 10. **How Can I Be a Good Friend?** – Concrete actions to support inclusion and kindness.
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✓ How to Use This Booklet:

- **Start with Discussion**

Begin each section with a short conversation. Ask open-ended questions like, “Have you ever known someone who communicates differently?” or “What do you think a ‘spectrum’ means?”

- **Do the Activities Together**

Most pages are designed for pairs or small group interaction. Encourage collaboration, sharing, and thoughtful listening.

- **Encourage Reflection**

Use the THINK & REFLECT sections to allow children time to internalize what they’ve learned. Writing, drawing, or talking aloud are all great methods.

- **Create a Safe Space**

Remind students there are no “wrong” answers. The purpose is understanding, not judgment.

- **Make It Personal**

Encourage students to apply what they learn to their daily lives—whether at school, in clubs, or with siblings or neighbors.

- **Celebrate Differences**

Reinforce the message that differences in thinking, feeling, or communicating are not deficits—they’re part of what makes our world beautifully diverse.

Materials Needed:

- Pens or pencils
 - Crayons or markers
 - Poster-making materials (for the Inclusion Poster)
 - Lila Bloom & The Piano Club book: A copy provided or read-aloud of the book
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Learning Objectives:

By the end of this booklet, students will:

- Understand what autism is and isn't.
- Appreciate how people with autism might experience the world.
- Learn to recognize and challenge stereotypes.
- Practice inclusive behaviors and communication strategies.
- Make a personal commitment to kindness and inclusion.

A Note to Adults:

This toolkit is not just for children—it's for you, too. The way you frame and support these activities helps shape how children see and treat others who are different. Your modeling of patience, respect, and openness makes all the difference.

Thank you for helping us build a more inclusive and understanding world—one conversation at a time.

GO BEYOND INFINITI

With gratitude,



Guru Sashank Aroul

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