

# Lesson Plan

## Understanding Autism at School



ABN: 79 253 351 418  
[AUTISMLD.COM.AU](http://AUTISMLD.COM.AU)

#ShowYourTrueColours

## Grade Level: Primary School (Ages 5-12)

**Lesson Duration: 30-45 minutes**

### Lesson Objectives

By the end of this lesson, students will:

- Understand what autism is in simple terms.
- Recognise that autistic student may think, communicate, and experience the world differently.
- Learn ways to be kind, inclusive, and supportive of their autistic peers.

### Lesson Structure

#### 1. Introduction (10 minutes) – What is Autism?

##### Discussion Questions:

- Have you ever heard the word "autism"? What do you think it means?
- How do we all have unique strengths?

##### Watch & Discuss:

 **Video Option:** “Amazing Things Happen” (4:18 min) – [YouTube Link](#)

- Discuss: What did you learn about autism? How do autistic people experience the world differently?

#### 2. Choose an activity:

##### A. How Do Our Senses Work?

Autistic people can experience sights, sounds, and textures differently. Let's explore how this might feel.

##### Touch Sensitivity:

- Pass around different textured objects (smooth, rough, soft).
- Ask: Which ones do you like or dislike?

**Key Takeaway:** Some people experience sensory input more strongly or less than others, and that's okay!

## B. **How to Be a Good Friend**

**Discussion:** How can we support and include autistic classmates?

- Be patient if someone needs more time to respond.
- Use kind words and respect different ways of communicating.
- Accept that some friends like quiet time or playing in their own way.

C. **Create a worksheet:** "Everyone is Different, and That's Amazing!"

- Draw or write about what makes you unique.
- Write one thing you can do to help make school a welcoming place for all students.

 **Homework:** Share one thing you learned about autism with a family member.