

Arthur & Freya's Norwegian Cruise Adventure

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Understanding Autism

A Simple Guide for Young Readers

What is Autism?


Autism (Autism Spectrum) means that someone's brain works a little differently. Autistic people may experience the world in unique and wonderful ways.

✧ Examples of How Autistic People May Experience the World ✧



Strong Interests

Autistic people often love learning lots about things they enjoy!



Sensory Sensitivity

Sounds, lights, textures, or smells can sometimes feel stronger or overwhelming.




Different Communication Styles

Some autistic people talk a lot, some talk a little, and some communicate in other ways.




Routine Helps


Knowing what is happening next—like following a plan or schedule—can help autistic people feel calm and safe.



♥ Amazing Strengths ♥

- Great attention to detail:
 - Strong memory:
 - Creative thinking:
 - Honesty and fairness.
 - Deep passion for favourite topics:
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♥ How To Be A Good Friend ♥

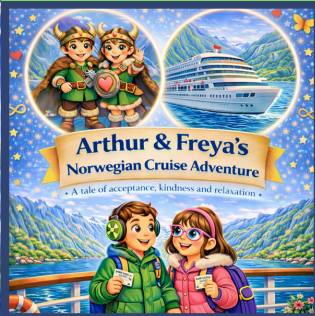
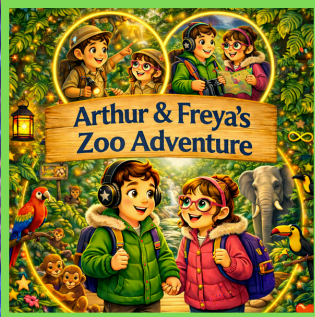
- ♥ Be kind and patient:
 - ♥ Respect personal space:
 - ♥ Listen and include everyone
 - ♥ Understand that everyone is different
- 







Which Adventure Will You Choose Next?



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