

LUNCHTIME CLUBS AND QUIET AREAS

For some children with an ASD going out and playing in the playground could be too overwhelming.

They may need a quiet zone in the playground where they may spend some time away from the activities.

Quiet areas can also have some structured activities that the ASD pupil can participate in as some ASD children find unstructured activities difficult to cope with.

With older children, lunchtime clubs can be set up. These are concentrated around the areas that the student is interested in eg computer or music club.

This kind of club can provide a chance for the pupil with an ASD to excel in what they are good at and share their knowledge with other children with similar interests.

Remember that it is always important to have a 'give and take' element in a normal friendship, and having a group of people with similar interests will also make the student feel more accepted.

In spite of trying all these ideas, some students with an ASD may not want to be part of any kind of social group and may need time to be by themselves as they find social interaction too demanding.

Allow the student the independence to do this. Since you have tried to develop friendships you can also be sure that it is their choice.

Some children may also prefer helping teachers set up for their lessons or prepare the material. If this is possible in your school, it could be another option.

All these ideas benefit not just the student with an ASD but a range of other students in the school.

picture of
lunch time...

REFERENCES AND RECOMMENDED READING

- * *Developing pupils' social communication skills*, by Penny Barratt et al, David Fulton 2001
- * *Inclusion in the primary classroom: support materials for children with autistic spectrum disorders*, by Joy Beane and Penny Kershaw, The National Autistic Society 2003
- * *Thinking in pictures and other reports from my life with autism*, by Temple Grandin, Vintage Books 1995
- * *My social stories book*, by Carol Gray, Jessica Kingsley Publishers 2002
- * *Teaching young children with autistic spectrum disorders to learn: a practical guide for parents and staff in mainstream schools and nurseries*, by Liz Hannah, The National Autistic Society 2001
- * *Visual strategies for improving communication*, by Linda Hodgdon, Quirk Roberts Publishing 1995
- * *Autistic Spectrum Disorders in early years – a guide for practitioners*, by Rita Jordan, QEd 2002
- * *Tobin learns to make friends*, by Diane Murrell, Future Horizons Inc. 2001
- * *Asperger syndrome – practical strategies for the classroom: a teacher's guide* Leicester City Council and Leicestershire County Council. The National Autistic Society 1998
- * *Martian in the playground*, by Clare Sainsbury, Lucky Duck Publishing Ltd 2000
- * *Making visual supports work in the home and community: strategies for individuals with autism and Asperger syndrome*, by Jennifer L. Savner and Brenda Smith Myles, Autism Asperger Publishing Co. 2000
- * *What did you say? What do you mean? An illustrated guide to understanding metaphors*, by Jude Welton, illustrated by Jane Telford, Jessica Kingsley Publishers 2004
- * *Challenging behaviour and autism: making sense – making progress*, by Philip Whitaker, The National Autistic Society 2001

Brochures available from Autism South Africa that can be downloaded from www.autismsouthafrica.org or hard copies can be requested through the offices of Autism South Africa.

The material contained in booklets numbered 1 through to 13, was provided by UK National Autistic Society under a Memorandum of Understanding with Autism South Africa.

1. **Early Years and Autism Spectrum Disorders.** By Christine Deudney and Lynda Tucker.
2. **Going to the Shops: a guide for parents of children with autistic spectrum disorders.**
By Catriona Hauser
3. **Bullying and how to deal with it: a guide for pupils with an Autism Spectrum Disorder.**
By Patricia Thorpe.
4. **Going to the doctor: a guide for children with an Autism Spectrum Disorder.** By Emma Jones.
5. **Patients with an Autism Spectrum Disorder – information for health professionals.**
By Christine Deudney.
6. **Classroom and playground support for children with an Autism Spectrum Disorder.**
By Prithvi Perepa.
7. **Why does Chris do that?** By Tony Attwood.
8. **Environment and surroundings - How to make them autism-friendly.** By Anh Nguyen.
9. **Asperger's Syndrome from diagnosis to solutions – A guide for parents.** By Tony Attwood.
10. **Working with an Asperger pupil in secondary schools.** By Judith Colley.
11. **The sensory world of the autistic spectrum: a greater understanding.** By Kate Wilkes.
12. **Understanding difficulties at break time and lunchtime guidelines for pupils with an Autism Spectrum Disorder.** By Patricia Thorpe.
13. **Folder – The Autistic Spectrum – a parent's guide.** By UK National Autistic Society.

For a complete publications catalogue from the UK National Autistic Society or to order on line see the NAS website www.autism.org.uk/pubs

14. **Asperger Syndrome.** By Dr Cobie Lombard (Autism South Africa)
15. **Autism – Practical Aspects** (In English, isiXhosa, isiZulu, Setswana, Sesotho, Sepedi and Afrikaans) (Autism South Africa)
16. **Sexuality Brochure – “I’m growing up”.** By Rebecca Johns. (Autism South Africa)
17. **Thoughts of a young sibling.** By Kim Stacey (Autism South Africa)
18. **Dietary Intervention.** By Paul Shattock and Paul Whitely. (Autism South Africa)