

Belonging, Fun and Recreation



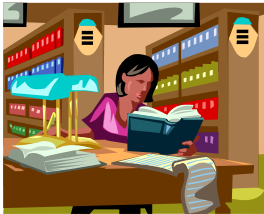
YOU MAY WANT TO INCLUDE....



- Contact information for community organizations, teams, hobby clubs, health clubs etc.



- Entertainment, hang out places, cafes



- Copy of Library Card and library hours

- Navigating the community: social rules and common courtesies



- Accommodations I need to be successful

I Ran Through The Doors That Have Been Opened For Me By Conor Cleveland



It has been difficult for me. I had been mainstreamed, but that did not always work because I am loud. Therefore I have to be by myself, so I don't distract others. Being alone has been hard because I am a social person. I can't help being so loud. I am loud because of my Autism. I am "stimulus aware." This makes me need to drown it out. The stimulus that bothers me is light, noise, sounds from the lights, and people in the room. I love people, but they make too much noise. I spent too much time going away in my head to escape the people in the room.

People do not understand and need to be educated on how to yep with a person like me. They assume that I am strange and stay away. This behavior hurts my feelings. Talking about disabilities is okay. I want to tell people why I behave the way that I do. My brain requires that I drown out excess stimulation so I can think. My hand movements help me to measure the world. I

need to measure it. Measuring helps me to see because my sight is poor. As I measure, I program my brain for the future memory.

I would have mainstreamed better if I was in smaller classes of about 5 people and had the lights turned off. I loved being in the class "Community Connections" at high school because I liked going to help others and felt important. We went to the Lane Shops apartments and volunteered by giving food to the elderly, and helped at the craft class.

I did not know that I could walk or communicate before good teachers came along. I felt trapped in a dead man's body. Good teachers encouraged me to try new things and I learned that **I am able**. Now I can walk, run, lift weights, and communicate by typing. I am alive and every day is a party. Open more doors for me to run through.

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It's Your
Choice!

Which one are you?



Couch Potato?



Active?

What are you involved in after school?

- Sports?
- Theater?
- Art?
- Unified Sports?
- Work?
- Other?

What kinds of things do you do in your community?

Everyone likes to have fun.
Most students have fun at school or with school friends.

Start with being involved in school activities.

These are some ways to start:

1. Take part in school activities
2. Take part in church activities
3. Join a Unified Sports team
4. Join the Theater Group
5. Sing in the Chorus
6. Invite friends to your house
7. Go to the movies with a friend
8. Go to dances with friends

What ideas do you have?

When you graduate, you will need to find fun in other places.

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It is not too early! You don't want to be left at home, alone.

**You and your team should
decide how to start.**

But, remember, you have a say!!!

How do you want to start?

What help do you need?

- Ideas
- Someone to go with you at first
- Social stories about how to behave
- Transportation
- How to make a date
- Other _____

Who will you talk to?



Remember:

Some people worry they will not be accepted in a group. Ask other self-advocates where they feel safe.