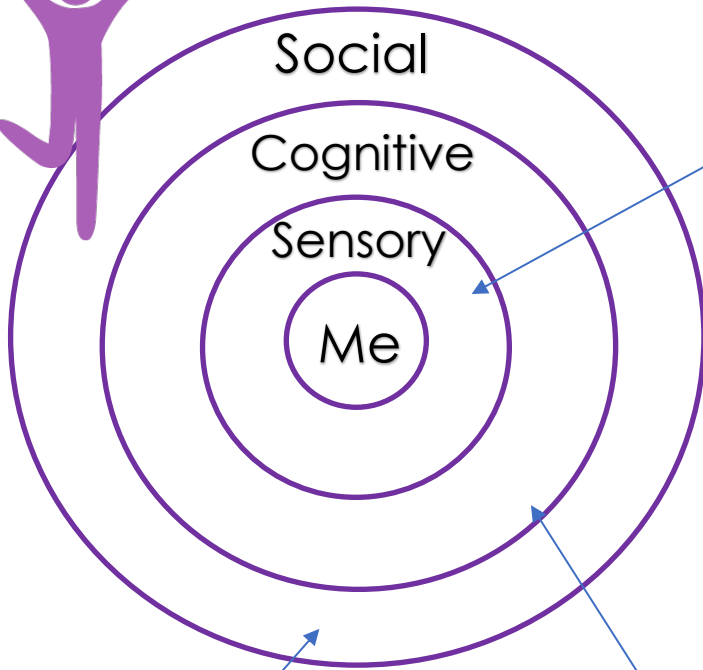


My Sensory, Cognitive and Social World



Sensory Experiences:

Blank space for writing sensory experiences.

Social Experiences:

Blank space for writing social experiences.

Cognitive Experiences:

Blank space for writing cognitive experiences.

'My World' Ideas

The idea of this exercise is to develop a positive understanding of how the person's autism impacts their day-to-day world. When filling in the worksheet, try together to focus on the positive aspects and strengths of their ASC.

<p><u>Sensory World</u></p> <ul style="list-style-type: none"> - Vision <ul style="list-style-type: none"> o I enjoy dimly lit rooms o I like colourful pictures - Taste <ul style="list-style-type: none"> o I like sour foods like limes o I prefer bland food like plain potatoes - Hearing <ul style="list-style-type: none"> o I like to listen to my music very loud o I often use earplugs o I enjoy listening to white noise - Touch <ul style="list-style-type: none"> o I enjoy pressured hugs o I prefer to not be touched o I love the feel of velvet o I like when seats have cushions - Smell <ul style="list-style-type: none"> o I like the smell of lavender o Only like certain smells e.g. o I prefer unscented soaps 	<p><u>Cognitive World</u></p> <ul style="list-style-type: none"> - How do you think? <ul style="list-style-type: none"> o Words? o Pictures? o Something else? - How do you learn best? <ul style="list-style-type: none"> o Visually o Talking things through o Reading o Condensing - Do you understand things the first time they are said? Do you need to make notes? Take some notes away?
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<p><u>Social World:</u></p> <ul style="list-style-type: none"> - How do you find eye contact? Do you prefer to sit side-by-side? - Do you understand different 'tones of voice'? - Do you understand sarcasm? - Do you understand metaphors? (e.g. "He is a walking dictionary") - Do you find what others have to say interesting? What do you like to talk about? - How do you feel in social situations? <ul style="list-style-type: none"> o Which ones are the easiest? - Do you find it easy to know what to say in social situations? - Do people comment on how you are in social situations? - Can you hold information in your head when someone talks? - Do you feel people understand you socially?
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