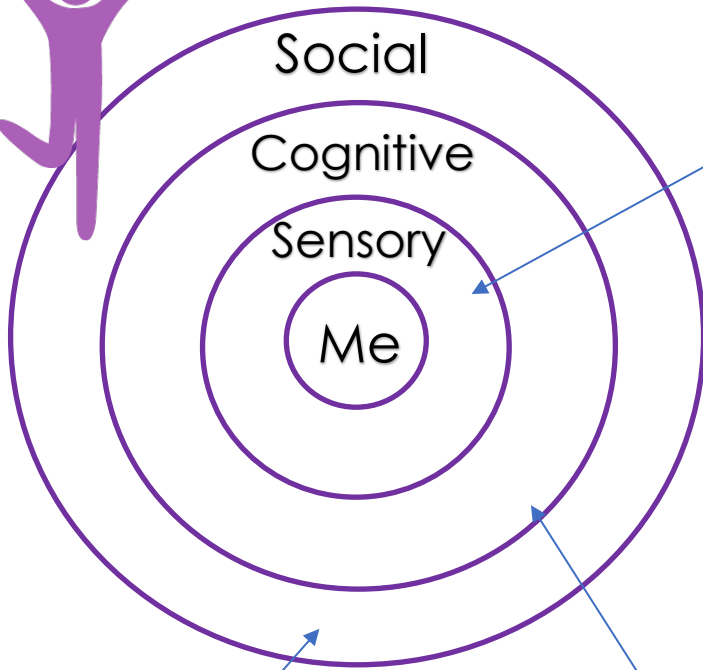


## My Sensory, Cognitive and Social World



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><b><u>Sensory World</u></b></p> <ul style="list-style-type: none"> <li>- Vision             <ul style="list-style-type: none"> <li>o I enjoy dimly lit rooms</li> <li>o I like colourful pictures</li> </ul> </li> <li>- Taste             <ul style="list-style-type: none"> <li>o I like sour foods like limes</li> <li>o I prefer bland food like plain potatoes</li> </ul> </li> <li>- Hearing             <ul style="list-style-type: none"> <li>o I like to listen to my music very loud</li> <li>o I often use earplugs</li> <li>o I enjoy listening to white noise</li> </ul> </li> <li>- Touch             <ul style="list-style-type: none"> <li>o I enjoy pressured hugs</li> <li>o I prefer to not be touched</li> <li>o I love the feel of velvet</li> <li>o I like when seats have cushions</li> </ul> </li> <li>- Smell             <ul style="list-style-type: none"> <li>o I like the smell of lavender</li> <li>o Only like certain smells e.g.</li> <li>o I prefer unscented soaps</li> </ul> </li> </ul>	<p><b><u>Cognitive World</u></b></p> <ul style="list-style-type: none"> <li>- How do you think?             <ul style="list-style-type: none"> <li>o Words?</li> <li>o Pictures?</li> <li>o Something else?</li> </ul> </li> <li>- How do you learn best?             <ul style="list-style-type: none"> <li>o Visually</li> <li>o Talking things through</li> <li>o Reading</li> <li>o Condensing</li> </ul> </li> <li>- Do you understand things the first time they are said? Do you need to make notes? Take some notes away?</li> </ul>
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**Social World:**

- 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?
  - 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?

