

Books about Autism

I would advise that parents/Guardians read them first to check their suitability:

- ***All Cats Have Asperger Syndrome*** by Kathy Hoopmann
- ***We're Amazing 1,2,3! A Story About Friendship and Autism*** by Leslie Kimmelman
This Big Golden Book is about Sesame Street's new character, Julia. Julia is autistic, and in the story, Elmo introduces her to Abby. Abby discovers that although Julia does things differently, there are a lot of things they have in common.
- ***I See Things Differently: A First Look at Autism*** by Pat Thomas
Pat Thomas, a psychotherapist, and counsellor writes about the characteristics of autism in a practical yet sensitive manner. There are full illustrations on every page of this book, and the story teaches pre-schoolers how autistic children see and do things differently.
- ***Nathan's Autism Spectrum Superpowers*** by Lori Leigh Yarborough
This storybook follows a boy named Nathan who has superpowers brought about by his autism. Some of his superpowers are supersonic hearing, routine retention, and actual factual, literal powers.
- ***All My Stripes: A Story for Children with Autism*** by Shaina Rudolph and Danielle Royer
This book is about a zebra named Zane who is autistic. At first, Zane is afraid that his friends and classmates might treat him differently because of his autism. Later on, he discovers he doesn't have anything to be scared of, and he begins to see his unique ability as a special power.
- ***Why Does Izzy Cover Her Ears?*** by Jennifer Veenendall
Izzy is a first grader who is misunderstood because of the unusual way she behaves.
- ***Noah Chases the Wind*** by Michelle Worthington - Follow the story of Noah who is a curious autistic boy. Noah loves to read to find answers to his questions. There was one question, however, that none of his books could answer. This book is a great read for anyone who wants to understand autism as told from a different perspective.
- ***Hello Roar, Little Dinosaur*** by Hazel Reeves
This book is part of a series about a dinosaur named Roar. Like most autistic children, Roar thinks differently. In each part of the series, Roar is shown using his special abilities that he uses for each adventure.

- ***Different Like Me by Jennifer Elder***
This classic book introduces the reader to several important names in history who were on the spectrum. Some examples are Albert Einstein, Sir Isaac Newton, and Lewis Carroll.
- ***A Friend Like Simon by Kate Gaynor***
This book is great for introducing autism to a school-age child. The story is about Simon, an autistic boy, and how he made friends at school.
- ***Since We're Friends: An Autism Picture Book by Celeste Shally***
This storybook is about two friends, one who is autistic and one who is not, and how they bond. They do the usual things together like watching movies, reading books, and talking about animals. Matt, who is autistic, gets support and friendship from his friend.

Books for Girls

- The Girl with the Curly Hair: Asperger's and Me by Alis Rowe
- The Growing Up Guide for Girls: What Girls on the Autism Spectrum Need to Know! by Davida Hartman
- Hey, I'm Maisie! And I am Autistic by Alison Handley
- The Secret Life of Rose: Inside an Autistic Head by Rose Smitten & Jodie Smitten

Books for Autistic Teenagers

- ***The Survival Guide for Kids with Autism Spectrum Disorders (And Their Parents) by Elizabeth Verdick***
This book is meant to be read by an autistic person and their parents. It includes a section explaining autism in detail and a portion called "Why Me?" which encourages acceptance with a positive attitude.
- ***The Asperkid's (Secret) Book of Social Rules: The Handbook of Not-So-Obvious Social Guidelines for Tweens and Teens with Asperger Syndrome by Jennifer Cook O'Toole***
The book has comic-style illustrations young people can practice their social skills before trying them out in the real world.
- ***Anything But Typical by Norah Raleigh Baskin***
Meet Jason, a 12-year-old boy living in a neurotypical world. Jason wants to be friends with Rebecca, who he only meets online. Jason wants to meet her in person but is scared that Rebecca might not like him when she learns about his autism. This book is great for anyone who is autistic who is worried about fitting in.

Books Written by Autistic Authors

Sometimes the best way to learn about something is through seeing things from another person's point of view. These books written by authors who are autistic.

➤ ***The Reason I Jump: The Inner Voice of a Thirteen-Year-Old Boy with Autism by Naoki Higashida***

This book is written by 13-year-old Naoki Higashida who is nonverbal. Higashida describes how it feels to do certain things. He answers questions as to why he doesn't make eye contact and why he jumps—to which he answers, "When I'm jumping, it's as if my feelings are going upward to the sky."

➤ ***Defiant by Michael Scott Monje Jr.***

This fiction novel follows Clay Dillon, who took 30 years to figure out that he is probably autistic. With this new knowledge comes major changes in Clay's everyday life.

➤ ***Thinking in Pictures, Expanded Edition: My Life with Autism by Temple Grandin***

Temple Grandin, autism spokesperson, and animal scientist, first published this book in 1995. In this book, which has been updated, Grandin talks about her own autistic characteristics and how she built a successful career in the neurotypical world despite challenges.

Autism Books for Siblings

These books help to illustrate the differences and the rewards of playing with and caring for one another.

➤ ***Everybody is Different by Fiona Bleach***

This book helps brothers and sisters of autistic children understand what it's like to be on the spectrum. In addition to accessible information about the characteristics of autism, the book also gives helpful suggestions on how to make family life easier for everyone.

➤ ***My Brother Charlie by Holly Robinson Peete***






My Brother Charlie is a story told by Charlie's big sister. In the book, Charlie's sister mentions how autism makes her brother different. It highlights the fact that autistic children can be great at doing specific things like memorizing the names of all American Presidents but may need more help with making friends or communicating feelings.

➤ ***Leah's Voice by Lori Démonia***

Leah's Voice is a heart-warming story about two sisters who are facing the challenges of being on the spectrum. The siblings find a way to play and relate to each other despite their differences.

Other resources:

- Incredible 5-point scale - <https://www.5pointscale.com/>

5	<p><u>I can't stand this. I am ready to explode.</u></p> <p>I want to hit or kick someone or something. I need an adult to help me go to a safe place so I can calm down.</p>	
4	<p><u>I am getting too angry.</u></p> <p>My brain isn't working clearly. I might say or do something I will be sorry for later. I need to go to my safe place at the back table to calm down.</p>	
3	<p><u>I am getting really irritated.</u></p> <p>I need to walk away from a bad situation. I will tell my teacher that I need a break.</p>	
2	<p><u>I am doing OK.</u></p> <p>I'm not pleased, but I'm not upset. I can stay where I am and keep working. I can control my anger by myself.</p>	
1	<p><u>I am doing great.</u></p> <p>I feel good about myself, and about what is going on around me.</p>	

- The Zones of Regulation - <https://zonesofregulation.com/>

The ZONES of Regulation

			
Blue Zone	Green Zone	Yellow Zone	Red Zone
Sad Bored Tired Sick	Happy Focused Calm Proud	Worried Frustrated Silly Excited	overjoyed/Elated Panicked Angry Terrified

- Video - **Amazing Things Happen!** - <https://www.youtube.com/watch?v=Ezv85LMFx2E> - Introduction to autism that aims to raise awareness among young non-autistic audiences, to stimulate understanding and acceptance in future generations.
- The ASD Workbook: Understanding Your Autism Spectrum Disorder Paperback – by Penny Kershaw
- ‘How to make and keep friends – tips for kids to overcome 50 common social challenges’ by Nadine Briggs and Donna Shea.
- ‘The huge bag of big worries’ by Virginia Ironside.
- ‘My hidden chimp’ by Professor Steve Peters – This is a workbook which helps children to develop healthy habits for life.
- Cathy Creswell – ‘Overcoming Your Child's Fears and Worries: A Self-help Guide Using Cognitive Behavioral Techniques’ by Cathy Creswell and Lucy Willetts to learn about cognitive behavioural therapy (CBT) approaches.
- Anna Freud also provides free information and resources for schools and parents to use regarding anxiety. Let’s talk about anxiety: animation and teacher toolkit (annafreud.org)