



# Penatmuiku's Autism Acceptance Month

Mawi kelu'kw ta'n tujiw wiaqa'lut msit wen  
Inclusion is best for everyone



Suggestions based upon, Diversity in the Classroom, Sensory, Theory of Own Mind/Theory of Mind/, Self-Regulation.

**Suggestions for your school to celebrate Autism Acceptance Month, please share with staff and share stories and/or photos of how your school celebrated with us to add to our newsletter**

**Wela'liek**



Suggestions based upon, Diversity in the Classroom, Sensory, Theory of Own Mind/Theory of Mind/, Self-Regulation.

## **Suggestions Classroom and Hallway Visuals**

- Calming images of nature scenes, (forests, beaches, or sunsets) to evoke feelings of peace and tranquility.
- Use calming colors like blues, greens, and soft pastels to create a soothing visual atmosphere.



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### Morning Routine (Morning Circle Time)

- Begin with a discussion about Autism Acceptance Month.
- Introduce the concept of neurodiversity and discuss what it means to accept and celebrate differences.
- Share a short video or storybook featuring autistic individuals sharing their experiences to promote understanding and empathy among students.
- End with a discussion about autism acceptance and how the class can support the neurodiverse community.



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### Morning Announcements:

Spread Awareness: Include fun facts and positive messages about autism in morning announcements, promoting understanding and acceptance among students.

### Morning Routine:

Daily Affirmations: Start each day with affirmations that celebrate diversity and uniqueness, including those of neurodiverse individuals.



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Morning Announcements: Script provided but feel free to edit for your school.

Background Sound: Gentle nature sounds, such a flowing stream, ocean waves, etc.

sample

Good morning, everyone! Throughout this month, we're celebrating diverse strengths and talents of our neurodiverse friends.

Let's take a moment to appreciate the different ways people experience the world around us.



For some of our classmates, certain sounds might be comforting and enjoyable, while others can feel overwhelming or distracting.

Imagine the world through different ears  
what might be background noise to one person  
could be the most beautiful melody to another.

Some of our friends might  
have sensitive ears, making them more aware of sounds around them.  
It's important to be mindful of our noise levels  
and create a peaceful environment for everyone

As we move through our day, let's pay attention to the sounds we hear and  
consider how they might impact those around us.

Remember, every person experiences sound differently, and by being mindful  
of this, we can create a more inclusive and supportive environment for all.



## Suggestions based upon Diversity in the Classroom, Sensory, Theory of Own Mind/Theory of Mind/, Self-Regulation.

### Integrate in Classroom Lessons:

- **Understanding Autism:** Teach a lesson on acceptance and neurodiversity- how we are all different ,
- **Autism Cultural Integration:** Integrate Mi'kmaw culture and traditions into various subjects, emphasizing values of respect and inclusion, which are integral to both Mi'kmaw teachings and autism acceptance.
- **Diverse Literature:** Read books that feature autistic characters or address themes of acceptance and neurodiversity during language arts lessons.
- **Collaborative Learning:** Incorporate group projects and discussions that emphasize teamwork, communication, and understanding of diverse perspectives, including those of neurodiverse individuals.



# Suggestions based upon Diversity in the Classroom, Sensory, Theory of Own Mind/Theory of Mind/, Self-Regulation.

## Integrate in Classroom Lessons:

- Theory of Own Mind: Teach lessons on theory of own mind, helping students understand and appreciate their own thoughts, feelings, and perspectives.
- Theory of Mind: Introduce theory of mind lessons, emphasizing the ability to understand and empathize with the thoughts, feelings, and perspectives of others.
- Sensory Awareness: Include lessons on sensory processing and sensitivity, helping students understand and accommodate sensory needs of their peers.



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### Break Times:

- Provide sensory-friendly activities during breaks, such as quiet corners with sensory tools or outdoor sensory walks, to support student sensory needs.
- Structured Play: Encourage structured play activities that promote social interaction and sensory exploration, such as cooperative games or sensory bins.
- For Middle school students and high school: provide opportunities for gardening or medicine walks for sensory experiences



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## Art Expression

Engage students in art activity where they can create pieces inspired by the theme of autism acceptance. Offer art activities that allow students to express themselves creatively, such as painting or drawing, providing a *non-verbal outlet for communication*.



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## Music and Movement

Engage students in music and movement activities, such as rhythmic drumming sessions or guided relaxation exercises, to promote self-expression and sensory regulation.

Engage in music and movement activities that connect with Mi'kmaw culture such as drumming or traditional dance, promoting self-expression and sensory regulation.



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## Expressive Arts:

Offer opportunities for expressive arts activities, such as drama or creative writing, allowing students to explore and express their feelings in a supportive environment.



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## Hometime Routine

- Reflection Time: End the day with a reflection period where students can share their thoughts and feelings about autism acceptance and diversity, fostering empathy and understanding.
- Gratitude Practice: Practice gratitude by having students express appreciation for the unique gifts and perspectives they have and their classmates, including those who are neurodiverse.



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## Hometime Routine

Gratitude Circle: End the day with a gratitude circle where students express appreciation for each other's unique qualities and contributions to the classroom community.

Reflection Time: Provide time for reflection on the day's activities, encouraging students to think about what they've learned about autism acceptance and diversity.



Suggestions based upon Diversity in the Classroom, Sensory, Theory of Own Mind/Theory of Mind/, Self-Regulation.

## Hometime Routine

Gratitude Circle: End the day with a gratitude circle where students express appreciation for the natural world and each other's unique qualities and contributions.

Reflection Time: Provide time for reflection on the day's activities, encouraging students to consider the importance of acceptance, inclusion, and connection to nature (Mother Earth).

