

Hi, My name is XXXXXXXX
Most people just call me XXXXX ☺



I am 5 years old and I have an autism spectrum disorder called *Aspergers Syndrome*.

I also have sensory processing disorder (SPD).

I am what is known as a sensory seeker because I have a proprioceptive disfunction, (which basically means that I have trouble sensing where my body is in space). Because of this I don't experience stimuli in the same way that regular people do so I have to seek it out so that my brain receives these signals properly.

Signs of this may be: inability to sit still in my chair or even on the floor for extended periods of time and I also sometimes have an uncontrollable need to get up and move.

If you notice that I am becoming restless, please assign me a task- preferably a short walk to deliver something to another teacher or the office so I can re-group and come back more settled.

There is nothing wrong with my attention span or desire to learn- I just struggle to be like "all the other kids" because my brain is simply not wired that way.

This is also why I have difficulty stopping my legs and arms from constantly moving. I tend to climb and jump and spin a lot, and sitting still is something that my mum and OT have been working on a lot with me over the past few years.

I am getting better but cannot sit still for as long as a regular child can. My Mum has made me a weighted vest which if I wear during the times that I most need to sit still, it helps me to focus. I am sensitive to loud noises, crowds and highly stimulating environments, but instead of becoming overwhelmed with these things - they can actually hype me up more.

I need a solid structure and routine and it is helpful if I know exactly what to expect and told in advance if there are any changes to the day's plan. Please avoid wherever possible just "springing" things on me.

I am very easily distracted and find it difficult to pay attention when there is a lot going on around me. Seating me at the front of the classroom is a good idea.

Please call my Mum Fiona on: XXXXXXXXX if you have any concerns or questions, she is not highly trained in teaching as you are and doesn't pretend to have all the answers, but she understand how autism looks on me and would love to help in any way that she can.

Thank you for learning about me ☺

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