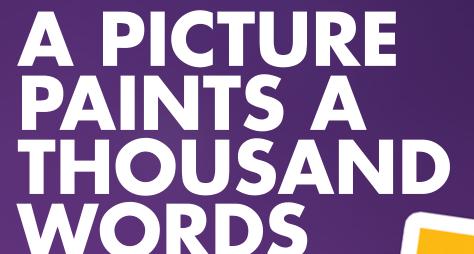
Company







PREPARATION NEEDED





MIA

To learn about different ways that we communicate. Autistic people often communicate in a different way and sometimes need support to understand situations. Learn how seeing a picture (a visual) helps us all to understand when words are a bit tricky.



WHAT YOU'LL NEED

➤ English & Polish Matching Instructions Activity Sheet



GET INVOLVED: A PICTURE PAINTS A THOUSAND WORDS

THEME: HELPING OTHERS





LEADER PREPARATION

A leader will need to print a copy of the activity sheet and cut the instructions and the road signs (visuals) into separate cards. The leaders will need to keep the road signs separate, to ensure young people don't have these until part way through the activity. For more information on Autism and the work of Hope for Autism, visit www.hopeforautism.org.uk



English and Polish Matching Instructions Activity Sheet

GETTING INTO THE ACTIVITY

- Split the young people into small groups. Each group will need a copy of the activity sheet (word cards only). The cards on the sheet should be pre-cut before the activity.
- 2 Challenge the groups to look through the Polish and English word cards and try to match the phases. After a few minutes see how the groups got on. Were groups able to get any correct? Was the activity easy or hard?
- Ask the group what would help them to match the phases?
- Now give the groups the visual clues (pictures) and give them a few more minutes to match these cards to the English translations.
- With the visual clues, all groups should have now easily matched the cards. Explain that seeing things often helps people to understand. Think of menus when you are abroad – these often have photos of the meals to help you understand. Toilet doors almost always have the same visual clues on wherever you go.
- 6 Autistic people sometimes find it difficult to understand tricky instructions, particularly if they are feeling a bit stressed. Showing the object, a photo or even just drawing a scenario can really help and is a great way for us to support those with autism. Pictures and symbols help us all to understand better.
- 7 Follow this activity up by watching 'What is Autism' by the National Autistic Society (https://youtu.be/C0yYFyHAG3s) to explore a little bit more about what autism is and some tips on how we can all support those with autism.

Top Tip: If a young person is able to read / speak Polish, then ask them to take a back seat during the activity, but then use their knowledge to help the group to pronounce the words at the end.

DID YOU KNOW?

- · Autism isn't an illness or a disease, it is something you are born with.
- · It affects how you communicate and interact with the world.
- It is not a medical condition with a cure.
- · Like everyone, autistic people have things they are good at and things they need some help with.
- · Autism is different for everyone.
- · It is estimated that in the UK at least 700,000 people are autistic.

IDEAS TO TAKE THIS FURTHER...

Play a game of Pictionary to help the group to practice their communication skills using pictures. You could also play a game of charades to help encourage young people to communicate using gestures and facial expressions too.

ENGLISH / POLISH MATCHING INSTRUCTIONS

| Przed nami patrol przejścia szkolnego | School crossing patrol ahead | przed nami patrol przejścia szkolnego |
|--|------------------------------|---------------------------------------|
| Roboty drogowe | Roadworks | roboty drogowe |
| Śliska droga | Slippery road | śliska droga |
| Mini rondo | Mini roundabout | mini rondo |



ENGLISH / POLISH MATCHING INSTRUCTIONS

| sygnalizacja wetland | Traffic signals | sygnalizacja wetland |
|--|-----------------------------|---------------------------------------|
| maksymalna prędkość 20 mil na godzinę | Maximum speed 20 mph | maksymalna prędkość 20 mil na godzinę |
| zakaz skrętu w lewo | No left turn | zakaz skrętu w lewo |
| atrakcja turystyczna zoo | Tourist attraction (zoo) | atrakcja turystyczna zoo |



ENGLISH / POLISH MATCHING INSTRUCTIONS

| Kierunek na pole namiotowe i kempingowe | Direction to camping and caravanning site | kierunek na pole namiotowe i kempingowe 300 yds |
|---|---|--|
| Słabi piesi, którzy mogą przejść | Frail pedestrians likely to cross | słabi piesi, którzy mogą przejść |
| Obowiązuje krajowe ograniczenie prędkości | National speed limit applies | obowiązuje krajowe ograniczenie prędkości |
| Brak pojazdów silnikowych | No motor vehicles | brak pojazdów silnikowych |

