

Company



GET INVOLVED



30 MINUTES



PREPARATION
NEEDED

A PICTURE PAINTS A THOUSAND WORDS



AIM

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.



HOPE
FOR AUTISM

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

- 1 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 phrases. After a few minutes see how the groups got on. Were groups able to get any correct? Was the activity easy or hard?
- 3 Ask the group what would help them to match the phrases?
- 4 Now give the groups the visual clues (pictures) and give them a few more minutes to match these cards to the English translations.
- 5 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	<p>sygnalizacja wetland</p> 
maksymalna prędkość 20 mil na godzinę	Maximum speed 20 mph	<p>maksymalna prędkość 20 mil na godzinę</p> 
zakaz skrętu w lewo	No left turn	<p>zakaz skrętu w lewo</p> 
atrakcja turystyczna zoo	Tourist attraction (zoo)	<p>atrakcja turystyczna zoo</p> 

ENGLISH / POLISH MATCHING INSTRUCTIONS

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