Five good rules for autism-friendly schools
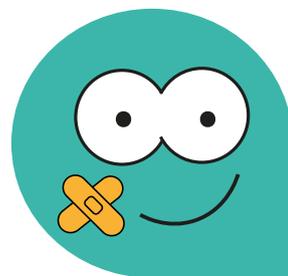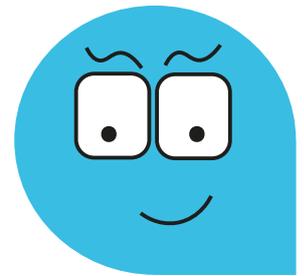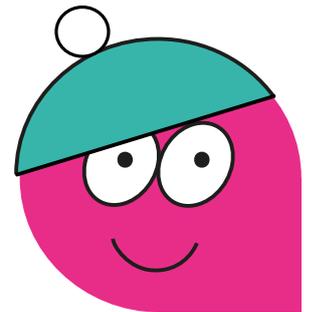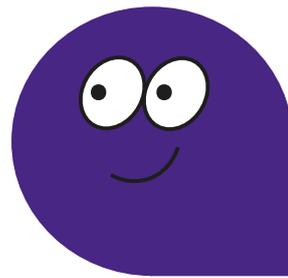
Axcis Education
Leaders in SEND Recruitment

KS1-2 (England)
Year 2-7 (Northern Ireland)
Year 2-7 (Scotland)

Helping others

Meet the Trummies — six colourful characters with vibrant personalities who are on the autism spectrum and take centre stage in the National Autistic Society's animations for primary schools. Last World Autism Awareness Week they helped pupils learn we are all the same and all different. You can watch the video here.

This time round they have a few rules about helping others and creating autism-friendly schools, in their latest animation. Share the animation in assembly or circle time and complete the follow-up activity with your pupils to explore the rules. Then invite your pupils to identify what they can do in their school community to appreciate and support people with these rules. They can suggest their own, too. You can download the animation, the follow-up activity and a Meet the Trummies poster from **www.autism.org.uk/resources**

The Trummies display characteristics that autistic children have. Communication challenges, repetitive behaviour, intense interests, difficulty with change, sensory issues and intense anxiety. If you want to explore autism with your pupils, please do but be mindful of any children you have on the autism spectrum in your class.
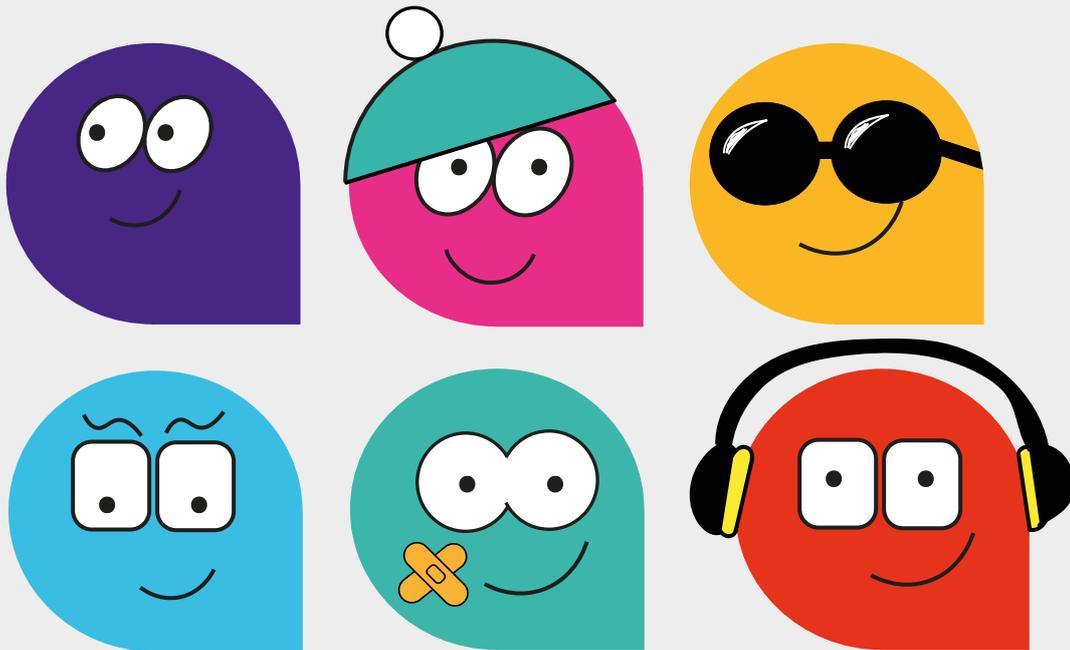
Learning objectives

To understand five ways to be kinder and help those around us who might be having a hard time.

To understand why we need rules and what makes a good rule.

Learning resources

- ***The Five rules animation***

- Five rules poster

- Trummies rule sheets

- My suggested rule

Activities

1. Starter activity

Tell the children they're going to do a little recap on the Trummies - Purple, Pinky, Custard, Bluey, Minty and Rusty - six characters who are the same in many ways but are also quite different. You can access the video and resources here.

Explain that the Trummies have come up with five rules, which they think are good rules to follow at school, to help people who are having a tough time.

In a whole-class discussion explore the concept of rules. What are they there for? (To keep people safe, to make things fair.) What rules do we have in our school? What would happen if the rules were to change?

Share the Trummies animation and ask them to listen carefully to the rules.

- What are the five good rules?
- Do you think these rules are good and why?
- How do the rules help people?
- Can you think of any other good rules?

2. Individual/pair activity

Share the five good rules poster with the children, then hand out the Trummies rule files, making sure they are evenly distributed. In pairs, ask the children to respond to the questions in the rule files then report back as a class. Ask them to describe their rule and give an example of when someone might be able to help someone else in this situation. They can also give examples of how they helped someone or when someone helped them. Record the examples.

Then ask the children to think about their own rule to help others.

As a class, record the rules on the white board. Ask the children to point out how they will help others.

3. Plenary

Ask the children to look again at the list of good rules.

- What have we learnt about helping people?
- What can we do to help each other at school?

4. Extending learning (Art)

Children could use the information from their good rules files to create a poster, which sets out their schools' rules for helping people: what they can do to help people who are having a tough time. The posters could show pictures of the Trummies helping each other out.
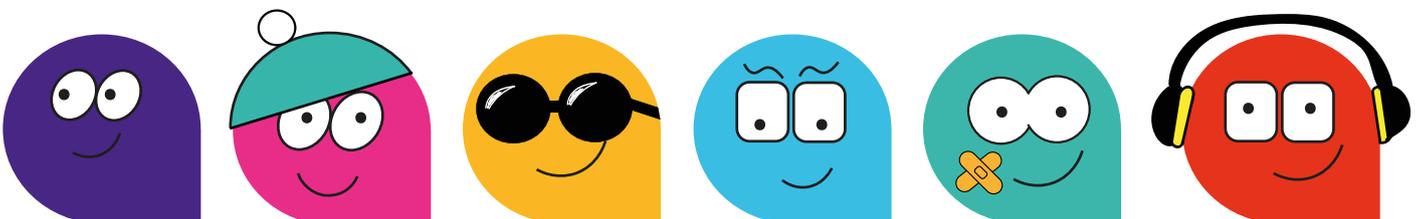
Good rule no. 1
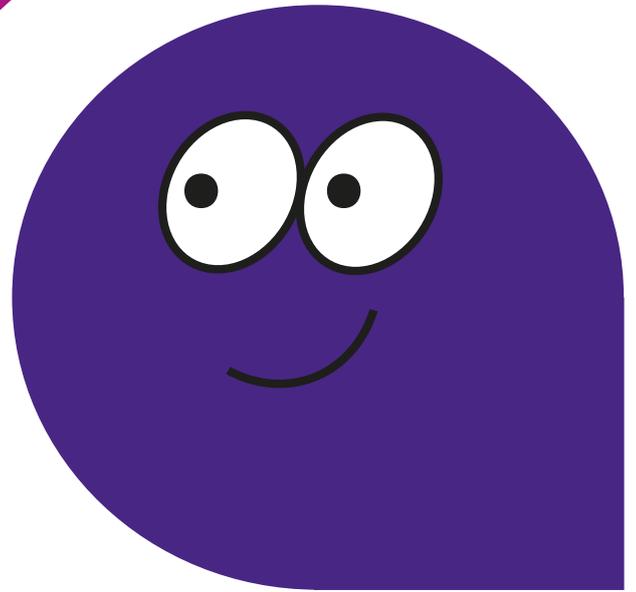
Give people time to think and answer questions.

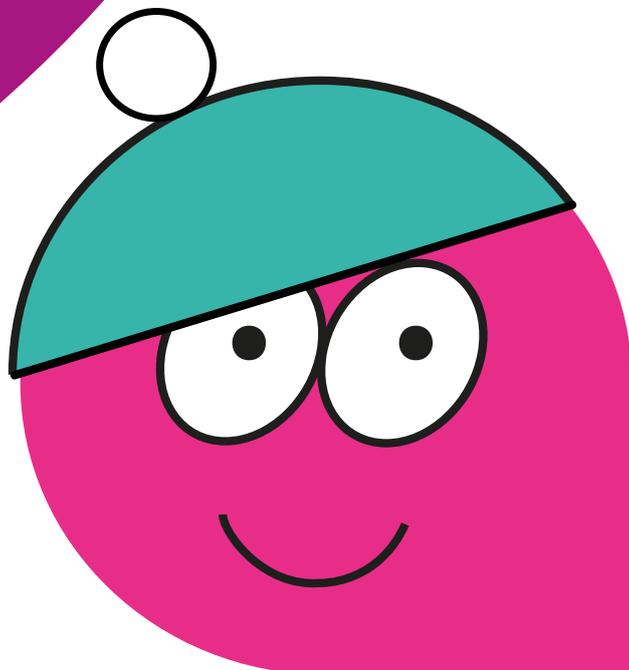**What is the rule?** _____

_____

Why is it a good idea? _____

_____

_____

Would it help everyone? _____

_____

_____

How long do you think you should give? _____

_____

_____

Do you like to answer questions quickly or slowly? _____

_____

When can you use this rule? _____

_____

_____

Good rule no. 2

Help people who find change difficult.

What is the rule? _____

_____

Why is it a good idea? _____

_____

_____

Would it help everyone? _____

_____

_____

Gives some examples of change _____

_____

_____

How can you support people who are _____
struggling with change? _____

_____

When can you use this rule? _____

_____

_____

Good rule no. 3

Help keep lights low and the sound down.

What is the rule?_____

_____

Why is it a good idea?_____

_____

_____

Would it help everyone?_____

_____

_____

Do you like loud noise?_____

_____

_____

Do you like bright lights?_____

_____

_____

When can you use this rule?_____

_____

_____

Good rule no. 4
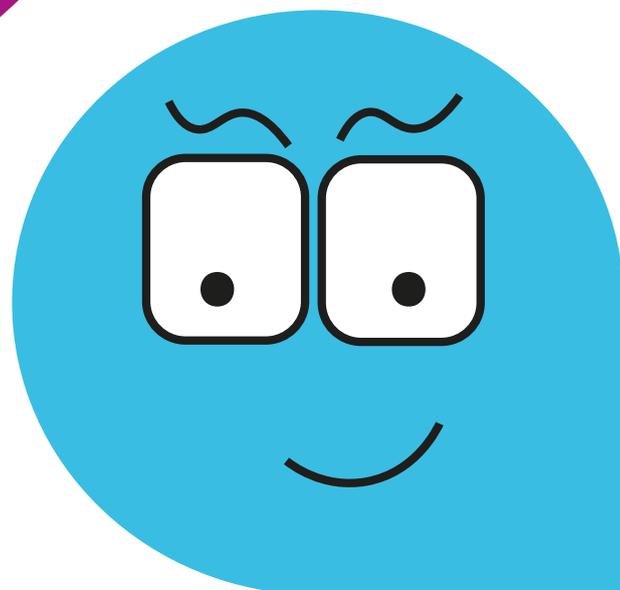
Understand people get anxious about new places and faces.
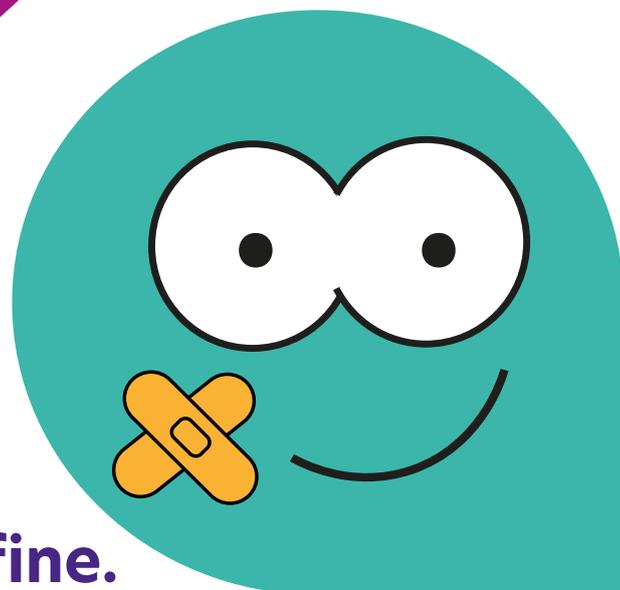
What is the rule?

Why is it a good idea?

Would it help everyone?

Give examples of new places you might visit at school.

Give examples of new faces you might meet at school.

When can you use this rule?

Good rule no.5

If someone's having a hard time, given them a smile and help them feel fine.

What is the rule? _____

_____

Why is it a good idea? _____

_____

_____

Would it help everyone? _____

_____

_____

Write down some examples of hard times. _____

_____

_____

Why do smiles help? _____

_____

_____

When can you use this rule? _____

_____

_____

A new good rule

_____
_____
_____

What is the rule? _____

Why is it a good idea? _____

Would it help everyone? _____

When can you use this rule? _____