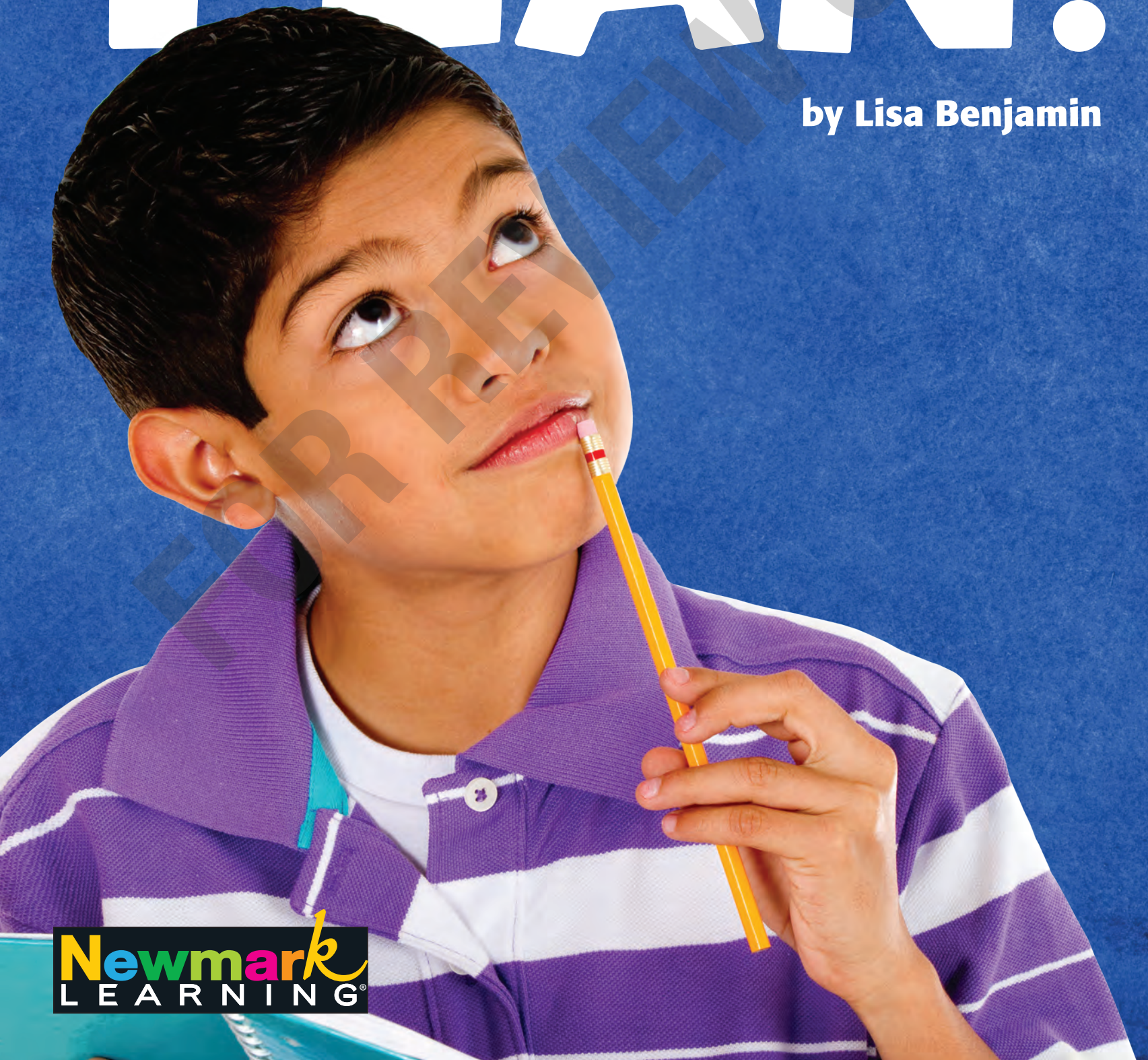
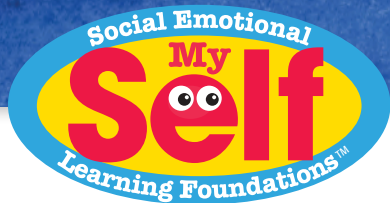


That's a GOOD PLAN!

by Lisa Benjamin





SET THEME:

I Respect Differences

Build Social and Emotional Intelligence

To help children think about helpful ways to interact with peers on the autism spectrum:

- Explain that we all have differences and what it means to be autistic.
- Encourage them to think of ways to be helpful to their friends.
- Help them understand why creating a plan can be useful when helping friends.

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How to Read This Book with Children

- 1 Read aloud the title. Discuss why it is important to have a good plan.
- 2 Read aloud the book with children.
- 3 Talk about activities children can do to be helpful friends to people who are autistic.
- 4 Ask children to describe how they might feel after doing such activities.
- 5 After reading, use the Real-World Wrap-Up prompts to discuss the photograph.
- 6 Guide children to connect the story to their own experience interacting with people who are different from ourselves.



That's a Good **PLAN!**

by Lisa Benjamin



We are different in all kinds of ways.

We may come from different backgrounds.



We may celebrate different holidays.
We may eat different kinds of food.



We can be different in other ways, too.

Some of us are people who are autistic.

It affects how we feel or think.



Just like you, we like to be happy but sometimes we're sad. Sometimes we make friends easily. Other times we may feel uncomfortable and want to left alone. This can make us feel left out.



Do you find it easy to talk to other people?



Some of us may need time to start talking with others. We may need time to feel comfortable.



Do you like to give a hug or shake hands?



Some of us do not like to give hugs or handshakes. Often people with autism like their space.



Friends help each other. We can all do things to help others feel comfortable. That way, no one will feel left out.

We can think about others and what we like and don't like. **Then, we can make a plan to help everyone feel better!**





My name is Enrique. I have a friend named Danny. I like to give hugs when I meet a friend. But Danny does not like that. So, he comes up with a plan.



He decides to bump fists instead of giving a hug.
He really likes that!



My name is Ji-Ho. I have a friend named Tracey. She's playing at my home today. Tracey sometimes has trouble doing new things. So, I come up with a plan.

Tracey likes hopscotch. I suggest that we draw squares on the sidewalk and play. Tracey says it's a great idea!





My name is Linda. I have a friend named Joel. I am having a birthday party. But Joel does not like loud noises. They make his head hurt. So, I come up with a plan.

I think of quiet games to play instead. Joel enjoys the games. Everyone has a good time!





My name is Jai. I live with my father.

I have autism. It's not easy for me to meet new people. I don't always know what to say or do.

My father and I just moved to a new home. I will be meeting my neighbor next door. I feel nervous about it. So, I come up with a plan.





I decide to smile when I meet my neighbor. I also plan to look him in the eyes and say, “Hello.” I know that’s a good way to meet someone.



My plan works! It helps to have ideas about what to do. I don't feel so nervous. I really like my new neighbor!



Having a plan is a way to show we care. It shows we want everyone to be included and feel comfortable.



Having a plan shows we understand that we're different. **Not everyone is the same and that's okay!**



We can have a good time when we respect each other's differences!



Real-World Wrap-Up

My Thoughts:

One of these two friends needs help communicating with others. How can a plan help them?



My Feelings:

How does it feel when you are trying to make friends and don't feel comfortable? How can we help others to feel comfortable?



All of us have differences from each other. One way some people are different is that they are autistic. When we have a plan to be comfortable with everyone, even if they are different, it makes us feel at ease.



Social and emotional intelligence comprises the abilities and character traits that enable people to work with others, learn effectively, and play important roles in their families and communities.

I Respect Differences

This set focuses on social awareness skills, such as appreciating diversity, demonstrating empathy, and taking different perspectives.

