

It's great to have
friends at Creating Adventures
and at home



We all need friends in our life
during activities and at home.

Friends can be good for you
for many reasons. Someone
to talk to when your
feeling unhappy,
sad or not feeling well.

When you feel sad



Speak to a friend
or a person you
know and trust.
This can be your
mum, carer, staff @ CA
or a friend at CA.
This will make you feel
so much better 😊



How do we make friends?

At Creating adventures activities you all share the same interest so this makes it easier to make friends



Don't be afraid to start conversation with somebody you know or somebody new even it's a compliment 😊

A simple Hi 🙋

will let people know they can approach you and have a chat.

This is the first step to making new friends.

Not having friends at Creating Adventures

Being without friends at activities
can be very lonely.

It can make you feel sad, that
everyone is against you and
no one wants to be your
friend.

When in reality, people do want
to be your friend.

If you have friends then you
will enjoy coming to activities
seeing your friends, having
a chat, telling people what
you have been upto, like
going to London with your
Mum. Telling them what
you done there.

I don't like being touched

If you don't like being touched/hugged. this is quite normal not only by people with autism but also this can affect people who don't have autism.



If somebody goes to hug you, just say, sorry I don't like being touched or hugged.

