

Resource Ideas

Websites

National Autistic Society - NAS are the leading UK charity for people with autism and their families. They provide a wealth of resources and information <https://www.autism.org.uk/>.

There is page that discusses *what is autism and tips with video support*.

[What is autism](#)

Shared stories:

<https://www.autism.org.uk/advice-and-guidance/stories>

Tel: 0845 070 4004

The Resources for Autism Centre aims to improve the lives of people with autism. They have a library of books and DVDs about Autism and of sensory equipment. Greater London and Manchester.

www.resourcesforautism.org.uk

Tel: 020 8458 3259

The Autism Education Trust is a not for profit programme led by two national autism charities – the [National Autistic Society](#) and [Ambitious about Autism](#)

<http://www.autismeducationtrust.org.uk/>

Podcasts

1800 Seconds About Autism. By Jamie Knight and Robyn Steward

<https://www.bbc.co.uk/programmes/p06sdq0x>

Youtube Videos

The '**Amazing Things Happen**' video on Youtube:

<https://www.youtube.com/watch?v=Ezv85LMFx2E>

Apps

Daycape (for daily visual planning)

Breathe2relax (stress management tool that includes practical exercises)

Calm (mediation and sleep stories)

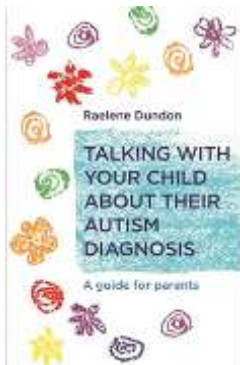
Headspace (guided meditation)

Molehill Mountain (anxiety management for people with Autism)

Books

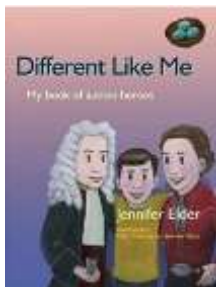
Talking with Your Child about Their Autism Diagnosis: A Guide for Parents

https://www.amazon.co.uk/Talking-Child-about-Autism-Diagnosis/dp/1785922777/ref=sr_1_3?crd=3SHQWSWMZJQJH&keywords=talking+with+your+child+about+their+autism+diagnosis&qid=1647356617&srefix=talking+with+your+child+about+their+autism+diagnosis%2Caps%2C82&sr=8-3



Different Like Me: My Book of Autism Heroes

https://www.amazon.co.uk/Different-Like-Me-Autism-Heroes/dp/1843108151/ref=sr_1_1?crd=1VD6MXH08VQPQ&keywords=different+like+me&qid=1647356722&srefix=different+like+me%2Caps%2C80&sr=8-1



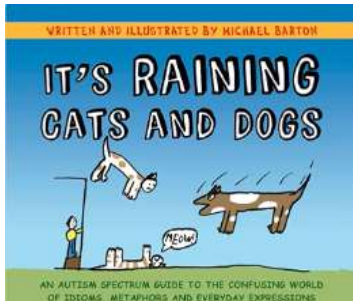
A Different Kettle of Fish

https://www.amazon.co.uk/Different-Kettle-Fish-Physics-Student/dp/183997124X/ref=sr_1_1?keywords=a+different+kettle+of+fish&qid=1666176583&qu=eyJxc2MiOilwLjY2liwicXNhIjoiMC41MyIsInFzcCI6IjAuNTAifQ%3D%3D&srefix=a+different+kettle+%2Caps%2C64&sr=8-1



It's Raining Cats and Dogs

https://www.amazon.co.uk/Its-Raining-Cats-Dogs-Expressions/dp/1839972912/ref=sr_1_1?keywords=its+raining+cats+and+dogs+book&qid=1666176777&qu=eyJxc2MiOilwLjMzliwicXNhIjoiMC4xNyIsInFzcCI6IjAuMDAifQ%3D%3D&srefix=its+raining+cat%2Caps%2C55&sr=8-1



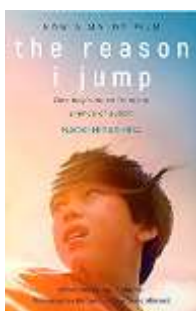
The Secret Life of Rose: Inside An Autistic Head

https://www.amazon.co.uk/Secret-Life-Rose-Inside-Autistic/dp/B08WS2VQYB/ref=sr_1_1?crd=DI2TG4ZINRUB&keywords=the+secret+life+of+rose&qid=1666191179&qu=eyJxc2MiOilwLjM2liwicXNhIjoiMC4yNCIsInFzcCI6IjAuMjMifQ%3D%3D&srefix=the+secret+life+of+rose%2Caps%2C59&sr=8-1



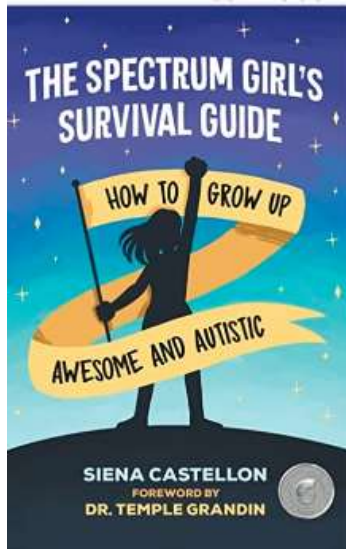
The Reason I Jump: one boy's voice from the silence of autism

https://www.amazon.co.uk/Reason-Jump-voice-silence-autism/dp/1529375703/ref=sr_1_1?crd=32BFSXGE6PSP7&keywords=the+reason+i+jump+by+naoki+higashida&qid=1666191239&qu=eyJxc2MiOilwLjM2liwicXNhIjoiMS44NCIsInFzcCI6IjluMDIifQ%3D%3D&srefix=the+reason+I+jump%2Caps%2C50&sr=8-1



The Spectrum Girl's Survival Guide: How to Grow Up Awesome and Autistic

https://www.amazon.co.uk/Spectrum-Girls-Survival-Guide-Autistic/dp/178775183X/ref=d_pd_sbs_sccl_2_4/260-0070163-4242663?pd_rd_w=3rxfu&content-id=amzn1.sym.a0b3831c-e4a4-4b9c-9a28-e04b8e3b1f51&pf_rd_p=a0b3831c-e4a4-4b9c-9a28-e04b8e3b1f51&pf_rd_r=GADSSEM3ZDRJWVR6HZ18&pd_rd_wg=zltDb&pd_rd_r=6f3c8a36-e1e4-4d10-ab83-3b08a8b66e51&pd_rd_i=178775183X&pvc=1



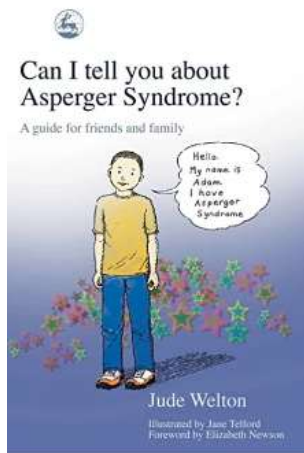
All Cats Are on the Autism Spectrum

https://www.amazon.co.uk/All-Cats-Are-Autism-Spectrum/dp/1787754715/ref=d_pd_sbs_sccl_2_4/260-0070163-4242663?pd_rd_w=xBZtq&content-id=amzn1.sym.a0b3831c-e4a4-4b9c-9a28-e04b8e3b1f51&pf_rd_p=a0b3831c-e4a4-4b9c-9a28-e04b8e3b1f51&pf_rd_r=8DYRJY28JKWS78WGE8E&pd_rd_wg=4r0h5&pd_rd_r=bdb0f5d0-2a63-4327-ab9a-2a3bfb4f3690&pd_rd_i=1787754715&pvc=1



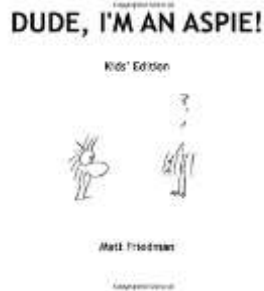
Can I tell you about Asperger Syndrome?: A guide for friends and family

[Can I tell you about Asperger Syndrome?: A guide for friends and family: Amazon.co.uk: Jude Welton: 858100002758: Books](https://www.amazon.co.uk/Can-I-tell-you-about-Asperger-Syndrome?ref=astore_dp_ss)



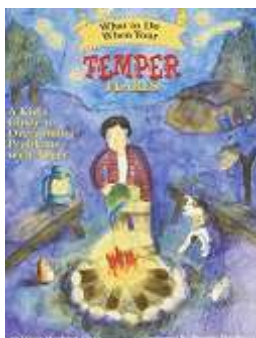
Dude, I'm an Aspie! Kids' Edition

[Dude, I'm An Aspie! Kids' Edition: Friedman, Matt + Free Delivery \(amazon.co.uk\)](https://www.amazon.co.uk/Dude-I-m-An-Aspie-Kids-Edition/dp/1433801345)



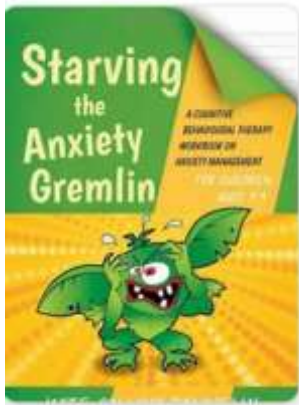
What to do when your Temper Flares

https://www.amazon.co.uk/What-When-Temper-Flares-What/dp/1433801345/ref=sr_1_1?keywords=what+to+do+when+your+temper+flares&qid=1666176955&qu=eyJxc2MiOiJlLjIwIiwicXNhIjoiMC43MyIsInFzcCI6IjAuNDEifQ%3D%3D&sprifix=what+to+do+when+your+temp%2Caps%2C58&sr=8-1



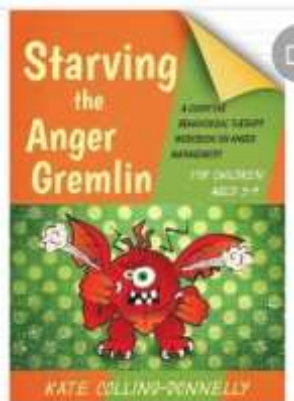
Starving the Anxiety Gremlin for Children Aged 5-9: A Cognitive Behavioural Therapy Workbook on Anxiety Management:

https://www.amazon.co.uk/Starving-Anxiety-Gremlin-Children-Aged/dp/1849054924/ref=sr_1_2?keywords=starving+the+anxiety+gremlin&qid=1666192326&qu=eyJxc2MiOiJxLjg2IiwicXNhIjoiMS42NCIsInFzcCI6IjEuNDAlfQ%3D%3D&prefix=starving+the+anxiety+%2Caps%2C66&sr=8-2



Starving the Anger Gremlin for Children Aged 5-9: A Cognitive Behavioural Therapy Workbook on Anger Management

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There are many first-hand accounts and great books by young people talking about their autism and how it affects them (see www.jkp.com for ideas and resources).