

2022

JUST RIGHT FOR YOU

Virtual Author Visit

Archived Event Access



Resource Package for
Just Right For You

Author Visit with Dr. Melanie Heyworth

How To Use This Resource

This Resource Package is intended as a companion to our Just Right For You Author Visit with Dr. Melanie Heyworth. It contains a wide range of lesson ideas and activities about Autism and neurodiversity for students to complete before, during, and after the participating in the event or as stand alone lessons. Below is one suggested lesson sequence - all of which can be found in the Resource Package. Select the activities and sequence that work best for your learners.



Click to get Event Access



Suggested Lesson Sequence

Before

Set The Stage

Accessing Prior Knowledge

Explore student's current knowledge and beliefs about Autism.

Explore Autism Resources

Spend time exploring the Autism resources in the virtual classroom.

During

Enjoy the Event

Watch the Event

The event can be enjoyed as a whole or at your own pace via the recording. Click [here!](#)

Colouring Page

To help with focus we recommend printing at least one activity page for students to work on during the event.

After

Dive Deeper

Author Visit Activities

Choose one or more activities to unpack the main messages presented in the author visit.

Understanding Autism

Continue exploring Autism resources, then discuss how student understanding of autism has grown or changed.

Joyful
LEARNING



Resource Package

Just Right For You



This Resource Package is full of activities to engage your students before, during, and after our Author Visit with Melanie Heyworth!



To help with focus, we recommend printing at least one activity for your learners to work on during the event.

What's Inside?



Understanding Autism & Neurodiversity

Lesson ideas to help guide your exploration of Autism and neurodiversity through resources designed and vetted by members of the Autistic community.



Author Visit Activities

Lessons and activities designed to help students unpack the key messages in the book *Just Right For You* and from our conversation with author Melanie Heyworth.



Letter to the Author

There are always so many amazing questions and comments during our events. Your students are invited to write a letter to Melanie to share their questions and thoughts about her book.



Blank Templates

A variety blank templates for you to use with any question or writing prompt. Choose the activity pages and writing prompts that best fit your goals for your learners.



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Virtual Classroom

Learn about Autism with resources designed by Autistic creators! Our All About Virtual Classroom is filled with informational videos, read aloud books, and more for your learners to explore at school or at home. To keep students safe and on task, YouTube videos are linked through SafeShare which removes advertisements and suggested videos.

Inside the Virtual Classroom



1 Educational Videos
(on whiteboard)

2 Read Aloud Videos

3 Visual Explanation

4 Music Video

5 Disability Resources

6 Welcome Message

kids.joyfullearning.net/justright

Secret Code: justright

Understanding Autism

These lessons and activities are intended to help students explore their current assumptions about autism and learn more through resources designed by Autistic creators.



As you learn more about Autism and share your learning with your students, it is important to ensure you are using resources that have been created by or in direct consultation with members of the Autistic community.

Lesson Ideas

→ Accessing Prior Knowledge & Assumptions

- Before participating in the author visit or exploring the virtual classroom, have students complete the first column of the "What is Autism?" worksheet to access prior knowledge and assumptions that students have about Autism.
- Tell students to write down what they *think they know* about Autism even if they aren't entirely certain if they are correct.
- This information will be valuable for future discussions about stereotypes, misconceptions, and the importance of integrating new learning into your belief systems and changing your actions accordingly.

→ Explore Autism Resources

- **Understanding the Spectrum Comic** - This comic was created by Autistic artist Rebecca Burgess and provides an excellent explanation of the Autism Spectrum.
 - Read the comic together, stopping to ensure students understand the terminology and concepts being discussed. As you read, have students highlight any new information they find about the Autism Spectrum.
 - Students may wish to colour the pictures as they re-read the comic to themselves.
- **Just Right For You - Author Visit** - Watch the Author Visit with Dr. Melanie Heyworth, founder and CEO of Reframing Autism - a non-profit organization that celebrates and nurtures autistic identities.
 - See Author Visit Activities section of this resource package for more ideas on how to unpack key messages discussed in the book Just Right For You and our conversation with Dr. Melanie Heyworth.

Understanding Autism Lessons continued...

→ Explore Autism Resources *continued*

- **Virtual Classroom:** The All About Autism virtual classroom is filled with informational videos, read aloud books, and more for your learners to explore at school or at home. Check it out here: kids.joyfulllearning.net/autism



→ Evaluating Prior Knowledge & Questions that Remain

- **New Information:** As you explore some of the resources in the virtual classroom, have students write what they learn in the "New Information" column of the "What is Autism?" worksheet.
- **✓ X**: spend some time examining and discussing what students wrote in the Prior Knowledge column in light of their new learning. Place a checkmark beside items that were correct and an X beside misconceptions.
- **Questions I Have:** give students time to brainstorm questions they still have about Autism. Discuss ways they can continue finding answers to these questions.

→ Beyond the Stereotypes

- Discuss how students' thinking about Autism has changed over time.
- Depending on the age of your students, this would be a good time to discuss stereotypes - what they are, why they can be harmful. Discuss the importance of integrating new learning into your belief systems and changing your actions accordingly.
- Have students complete the *Beyond the Stereotypes* page to reflect on how their understanding of Autism has been challenged and stretched through these lessons and activities.



What is Autism?



What I Think I Know	✓	New Information	Questions I Have





What is Autism?



What I Think I Know	✓	What I've Learned	What I Still Wonder



Understanding the Spectrum

1

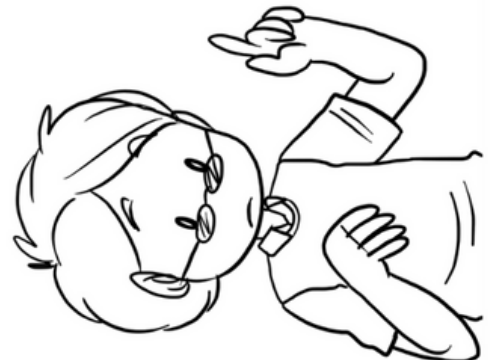


Language can be confusing for me.

It takes me longer than the average person to process conversations.

And although I am good at making conversation, it can take me longer than normal to respond.

But, neurotypical people find language confusing too. And it can lead to some people misperceiving who I am.



2



That is why I would like to explain what is meant by 'spectrum' when we talk about the 'autistic spectrum'.

Sometimes when people think of this word, they think of the autism spectrum as being like this:



A very linear looking 'spectrum', which gives the impression that people range from being 'a little autistic' to 'very autistic'.

Hm. How can you be 'a little autistic'?

It's that vague language that I always find confusing.



Understanding the Spectrum

3

The problem with thinking of the spectrum in this way, is that a perception of an autistic person also becomes linear.

You're only a little autistic, Archie.

Hm. I still don't understand, can you be less vague?

You're able to have a normal conversation with me and act pretty normal! You're not severely autistic.

Not autistic

Very autistic

...And so you see, if someone thinks you're on a 'low end' of this spectrum, this often happens:

Archie you can handle all of this just fine, you're not *that* autistic.

TOO MUCH NOISE

NEW SITUATIONS

LACK OF ROUTINE

SMART fight + cleaning

DON'T STAY loadsa call at a conversation once

DON'T FIDGET

BE MORE ORGANISED!

4

Ah. Ahh- **ACT LIKE EVERYONE ELSE!** BUT CONCERN YOURSELF IN 'XOXO' MORE HARDER! **INFORMALTY AND LOOK IT NORMAL WITH DOING IT OTHER WISE PEOPLE GET ANGRY!**

How can you be tired? everyone does this every day, you're just being lazy.

Wow you're being so over dramatic, get over it!

Wah, you're more autistic than I thought.

And if you're seen as being on the 'high end' of this spectrum-

I'm gonna re-label you on this spectrum... Since you're very autistic I don't think you should have a job, just to be safe y'know?

It can lead to some people labeling you as being incapable of doing anything at all.

Not autistic

Very autistic

Understanding the Spectrum

5

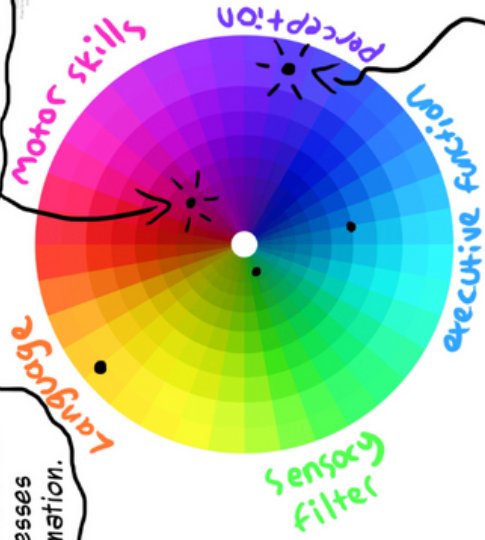
The truth is though, someone who is neurodiverse in some areas of their brain, will also be no different to your average person in other areas of their brain.



You see, the autistic spectrum looks something more like this.

6

The spectrum consists of many different 'traits', or ways in which the brain processes information.



Some traits create difficulties in every day life. (hence being diagnosed)

But also many traits are useful in every day life.



Each person with autism will have a set of traits all in different areas of the spectrum. The areas where they don't have a trait will function no differently to a neurotypical brain, but may be affected by circumstances. In example, I am good at making conversation (language). But I get sensory overload in loud and crowded spaces, which then makes conversation very hard for me.

Understanding the Spectrum

7

And so, another autistic person might be very happy in loud crowds, but find conversation hard in general.

You could say I'm just a real 'party animal'!

You can see with this spectrum than, that not every autistic person has 'savant skills'. Or that someone who can't communicate verbally might still understand what you're saying, but just need a different way to communicate, such as sign language.

It shows how not every autistic person acts the same way, and we are all capable of varying strengths and weaknesses.

8

Sometimes, if someone is diagnosed as being 'on the spectrum', and informs another person of this, it's so that they can get some understanding and respect for the things they are unable to do. **But**, it is also so that they can cooperate with the world around them- so that they can be the best in the things they **can** do.

I hope that in the future, people will better understand the term 'spectrum', and continue to respect the differences **and** similarities we all share in how we experience the world.



Beyond the Stereotypes



I used to think...

Now I think...



Author Visit Activities

These lessons and activities are designed to help students unpack the key messages in the book *Just Right For You* and from our conversation with author Dr. Melanie Heyworth, founder and CEO of Reframing Autism.

Lesson Ideas



To access to the event recording visit:
kids.joyfullearning.net/justright

Secret Code: justright



Author Visit Reflections

- After the author visit, use the Author Visit Reflections page to write or draw what they have learned or heard during the author visit.
- Also, spend some time brainstorming questions any questions students have that were not answered during the event. Discuss ways students can find answers to their questions whether individually or as a class.
 - See "What Is Autism?" section for ideas and resources to help your students learn more about autism through resources designed by autistic creators.



Just Right For You - Brain Differences

- *Just Right For You* shares five areas that Autistic brains might be different or unique: thinking, communicating, playing, feeling, and sensing.
- Have students return to the book and find example for each of these areas. Write one example in each of the thought bubbles on the *Just Right For You* handout.
- We have also included a copy of this handout without instructions. You may wish to use this sheet to have students reflect on their own brains and how they think about the world, how they communicate, how they may, how they feel and show their emotions, and how they sense the world around them (ie. how they feel about different textures, smells, sounds, sights, tastes, etc.).

→ Making Connections

- As students listen to the story, have them try to make a text-to-self connections (finding something in the book reminds them about their own life).
- Students could also look for text-to-text connection (something in the book reminds them of another book they have read) or a text-to-world connection (something in the book reminds them of something or someone they have seen or experienced).
 - **Note:** If you have Autistic students in your class, you may want to carefully consider how this conversation is approached. It may be worth discussing this lesson with your Autistic students before beginning and getting their feedback on whether or not they want to be talked about openly. The message of the book is that your brain, whether Autistic or not, is *Just Right For You*. Some Autistic children may feel proud of their Autistic brain and feel comfortable with it being the topic of discussion, while others may not. If this is the case, consider limiting students to text-to-self connections to avoid the risk of your Autistic student feeling singled out in the text-to-world connections of others.

→ Write a Letter

- There are always so many amazing questions and comments during our events. Your students are invited to write a letter to Melanie to share their questions and thoughts about her book.
- Students are also welcome to write a letter to Hayley at Joyful Learning to share their experiences, thoughts, and questions about autism, neurodiversity and other disabilities

→ Colouring Pages & Blank Templates

- We know that every group of student is different. That is why we have included even more bonus pages and blank templates for you to create your own lessons and activities.

Author Visit Reflection

What did you learn about Melanie Heyworth?

What did you learn about Autism?

What did you learn about being an author?

What are you still wondering?



Author Visit Reflection

What did you learn about Melanie Heyworth?

What did you learn about Autism?

What did you learn about being an author?

What are you still wondering?



Making Connections

In the book...

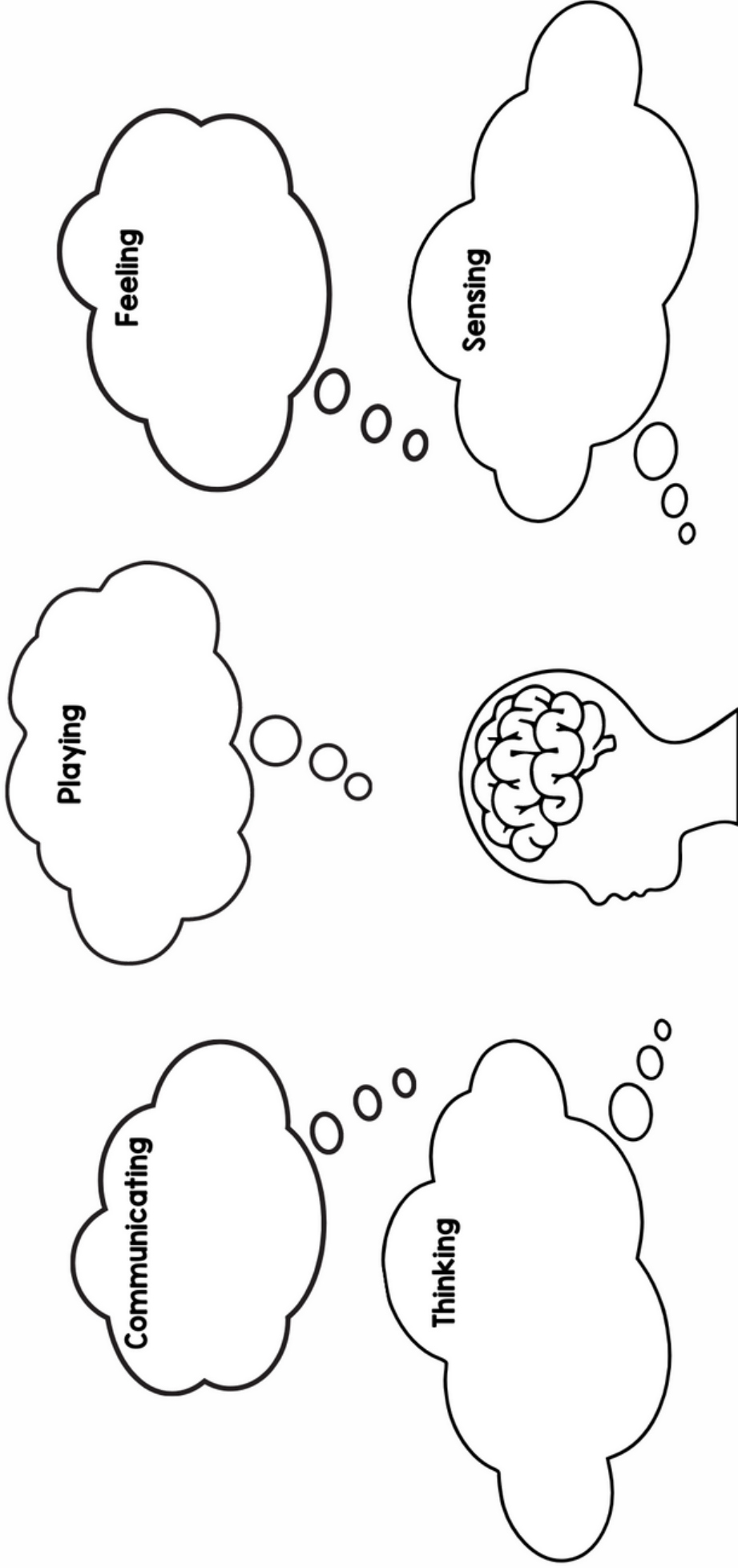
This reminds me of...



Just Right For You

Instructions:

- *Just Right For You* shares about five areas that Autistic brains might be different from others.
- Write some examples from the book in the bubbles below.




Communicating

Thinking

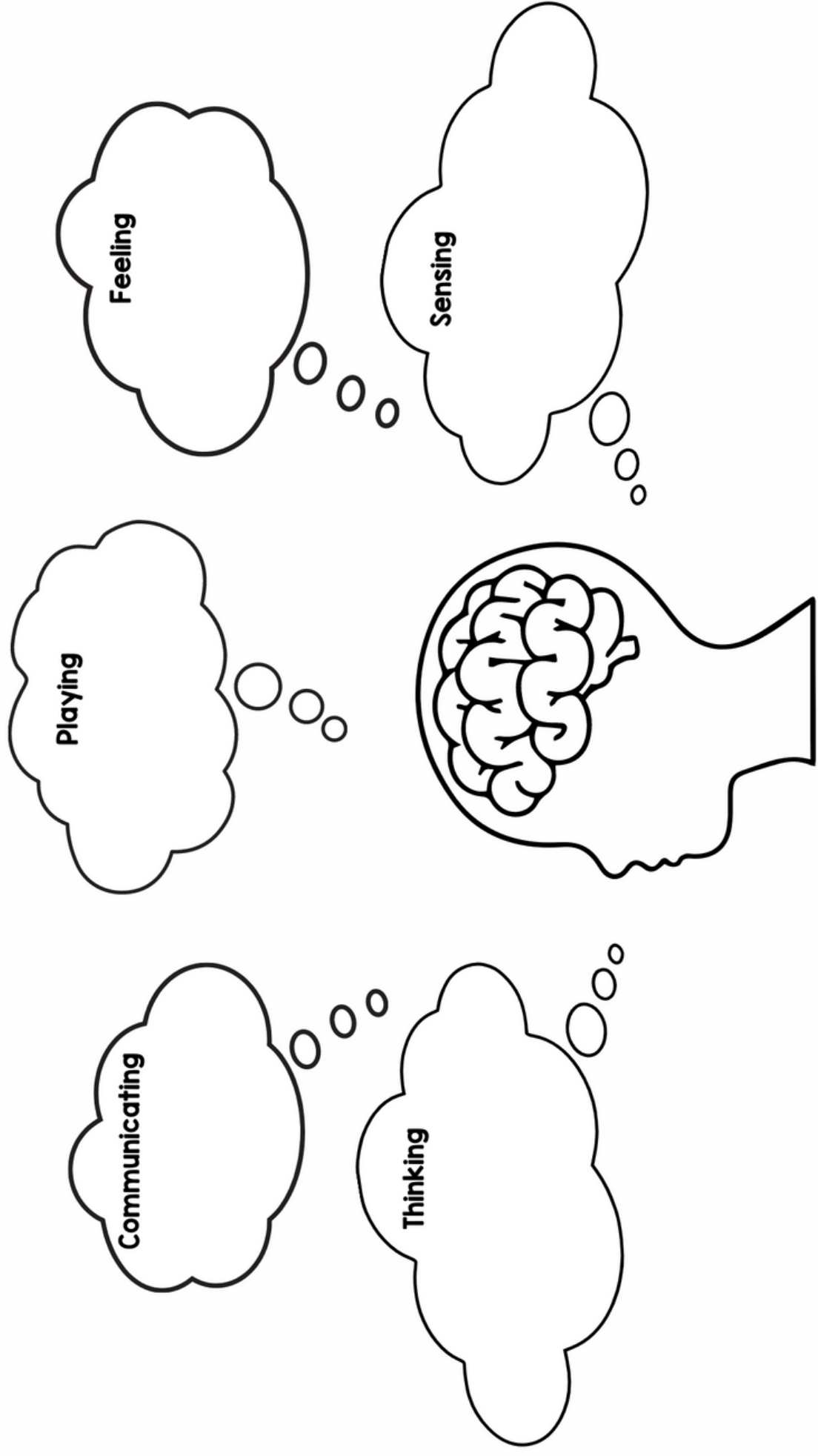
Playing

Feeling

Sensing

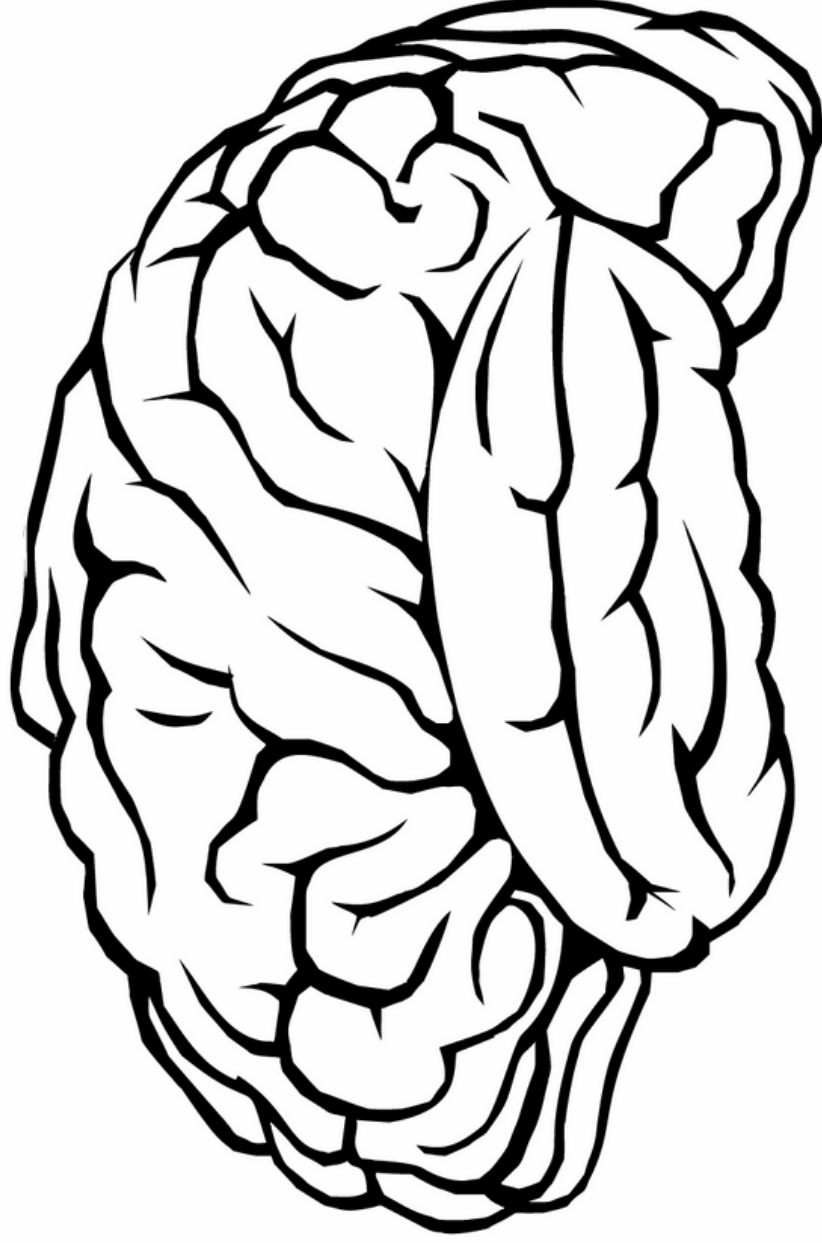


Just Right For You





Neurodiversity



My brain is just right for me!



Write A Letter

There are always so many amazing questions and comments during our events. Your students are invited to write a letter to Melanie to share their questions and thoughts about her book.

What to write...

- A connection I made to your story is...
- My favourite page in the book is... because...
- One thing I learned is...
- I used to think that Autism was ____ but your author visit helped me understand that Autism is _____.
- One question I still have is...

Where to send it...

MAILING ADDRESS

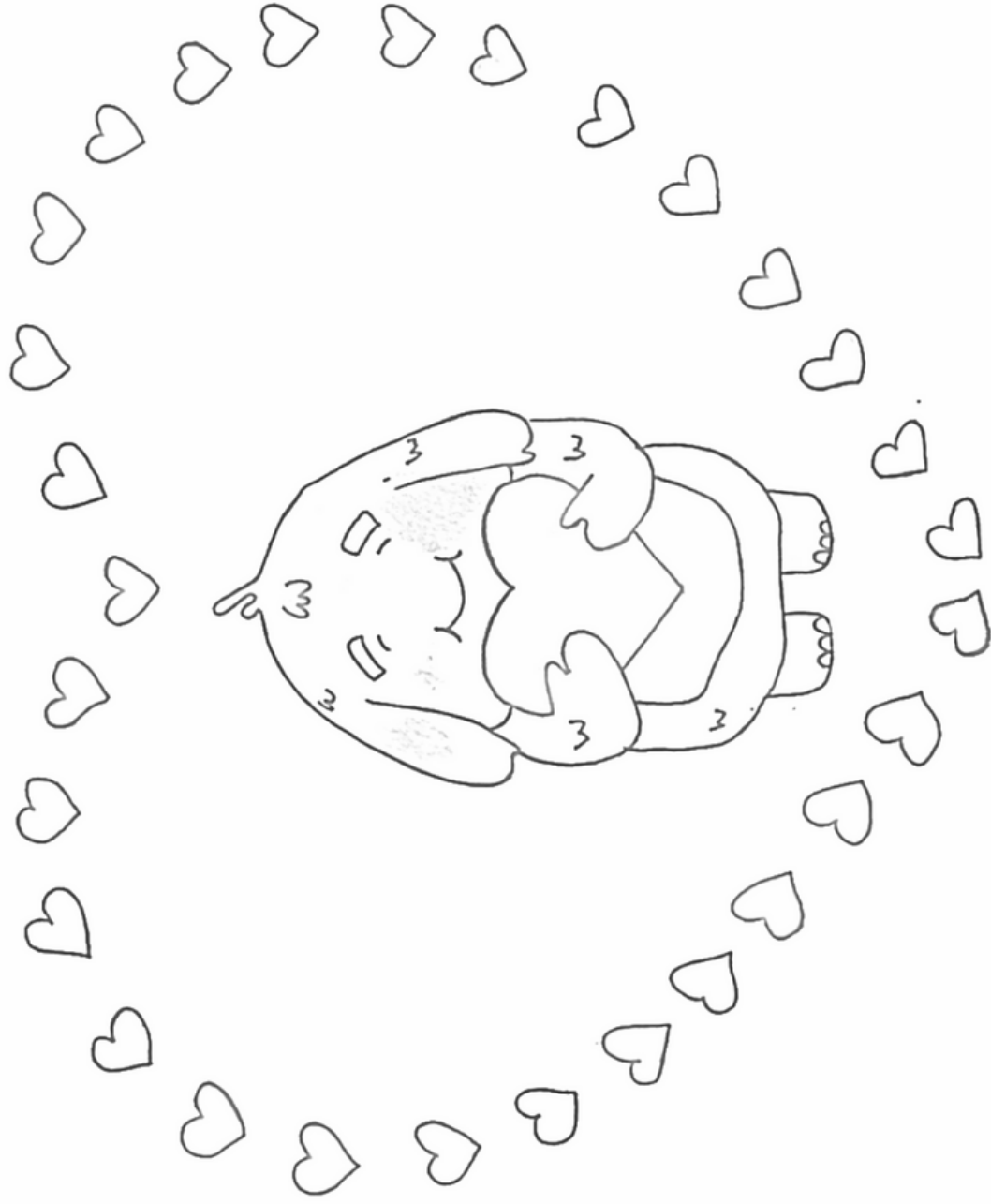
Joyful Learning
9220 214 Street
Langley, BC
V1M2C1

ELECTRONICALLY

hello@joyfullearning.net

Students are also welcome to write a letter to Hayley at Joyful Learning to share their experiences, thoughts, and questions about Autism, neurodiversity or other disabilities. We read every question and comment we get from students (and teachers) and use them to help guide our future planning for events and resources.

Just Right For You

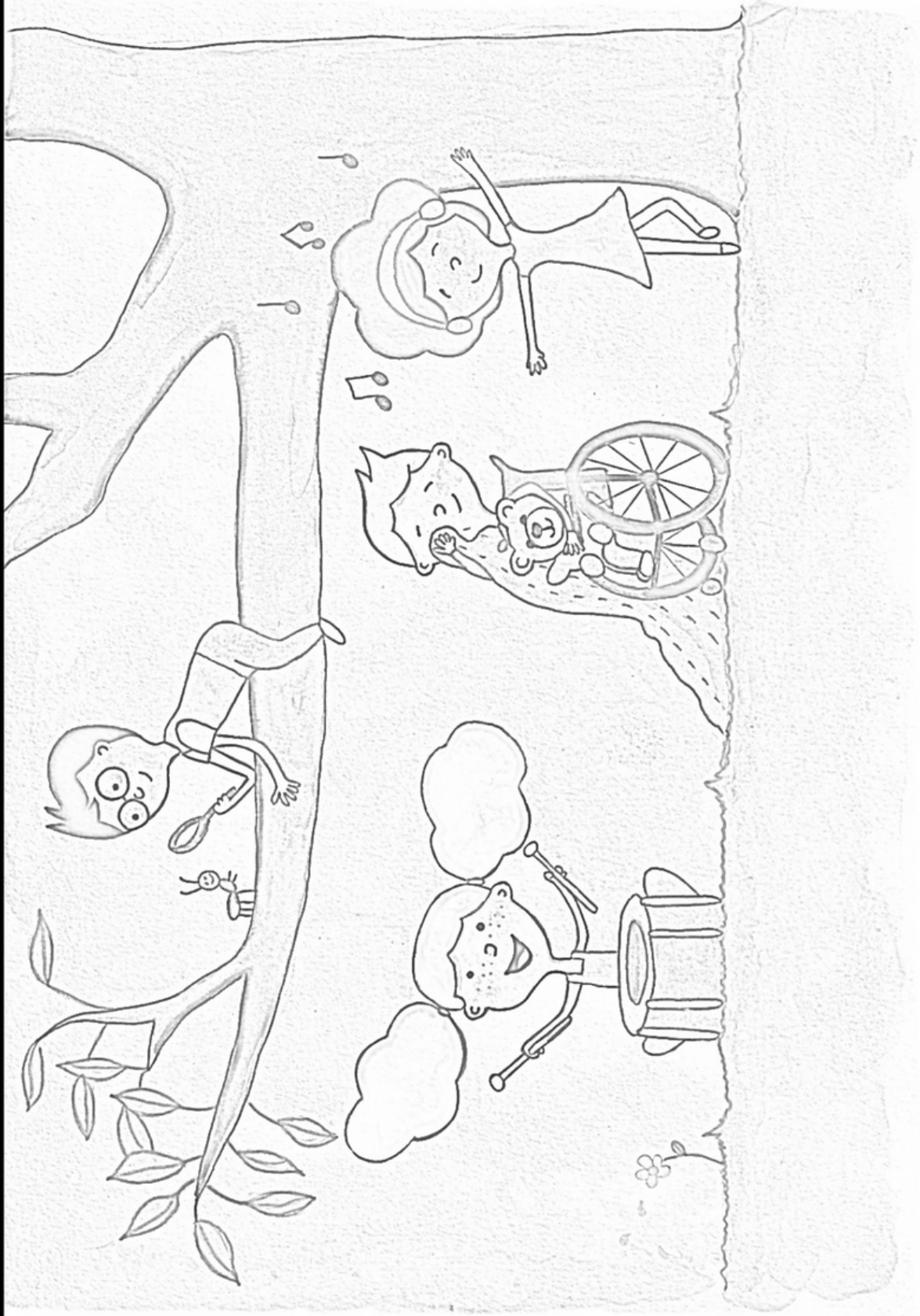


© Celeste Josephine Art

Name: _____



Just Right For You



© Celeste Josephine Art

Name: _____



Just Right For You

Blank area for writing or drawing.



Just Right For You

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Just Right For You

--	--	--



Just Right For You

--	--	--	--



Name: _____

Just Right For You



Just Right For You



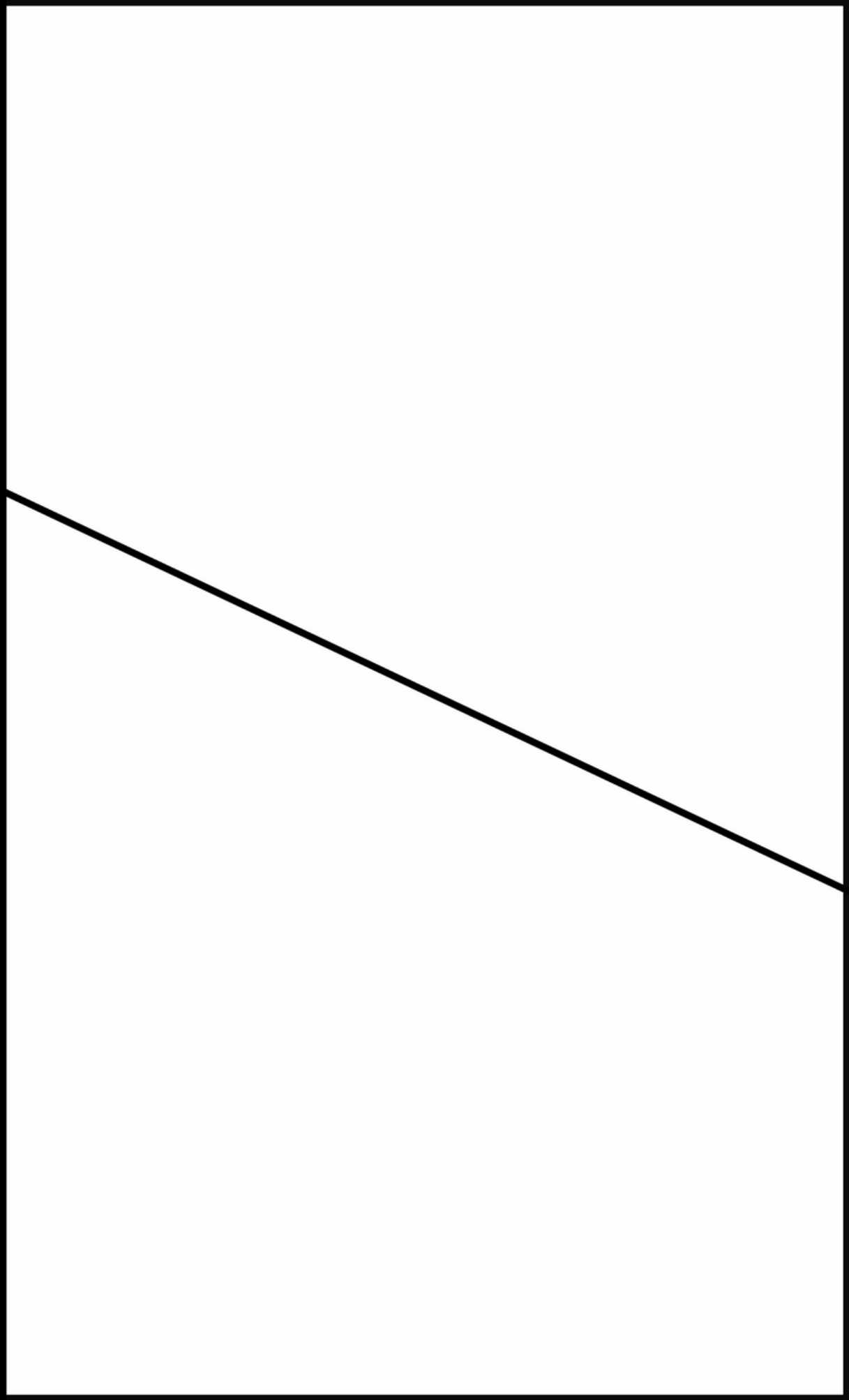
Just Right For You

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Name: _____

Just Right For You



Just Right For You

Handwriting practice area with a diagonal line and multiple horizontal lines for writing.



Name: _____

Just Right For You

A large rectangular area with a black border, divided by a diagonal line from the top-left to the bottom-right. The area contains 14 vertical lines for writing, with 7 lines on each side of the diagonal.





Just Right For You





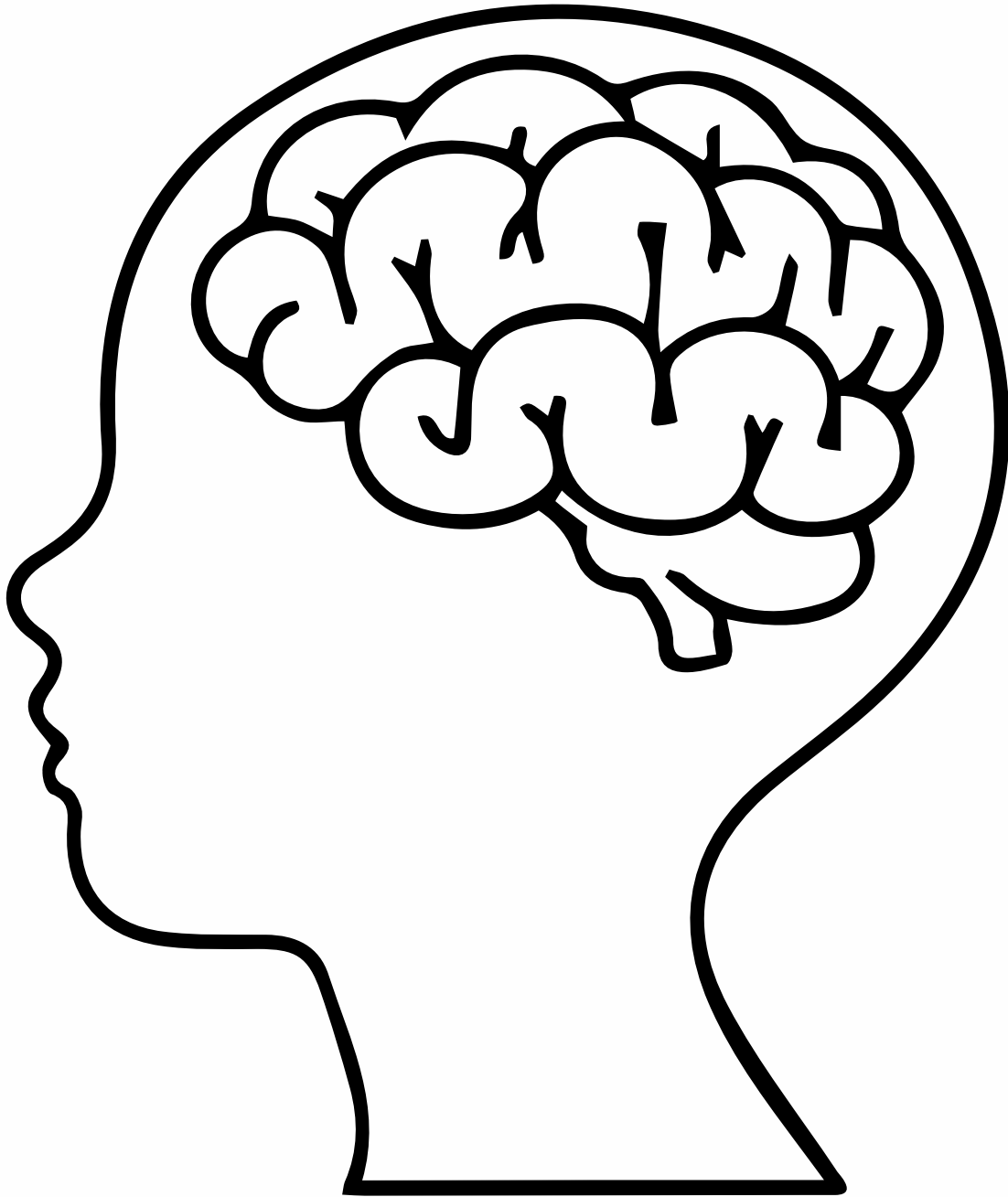
Just Right For You







Just Right For You



About Us

Hi, I'm Mrs. Legassie!

I live in Fort Langley, BC with my husband, our two kids, and our Rhodesian Ridgeback. I have been a teacher since 2010 and have experience teaching in the private, public, and homeschool settings.

I am currently the Lead Educator at Joyful Learning where I host virtual educational events and create companion teaching resources like this!



About Joyful Learning

Joyful Learning is a project of Legassie Education Access Foundation (LEAF) a not-for-profit organization currently focusing on the development of affordable online educational experiences that spark joy, wonder and a love of learning.

Joyful Learning launched in the early days of the pandemic, bringing people together through online events, helping them to feel connected to the world outside of their classroom or home learning space, and to develop an understanding of how their attitudes and actions have an impact on the world around them. Since then, Joyful Learning has have hosted more than 150 virtual events connecting with over 75,000 children from more than 3700 classrooms across North America.

*Follow us to stay updated on
new events and resources!*



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Thank you to the following people for contributing their skills and talents to this product:



Thank you for abiding by universally accepted codes of professional ethics while using this product.

Let's Connect!

Questions?

I have greatly enjoyed creating this resource and have done my best to ensure it is complete and easy to use. If you have any questions or suggestions, please email me at hayley@joyfullearning.net. I'm here to help!

Share your photos with us!

We love to see pictures and videos of students enjoying our events and resources!

EMAIL

hello@joyfullearning.net

INSTAGRAM & FACEBOOK

[@joyfullearningcanada](https://www.instagram.com/joyfullearningcanada)

*Tag us in
your photos!*



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TWITTER

[@joyfullylearn](https://twitter.com/joyfullylearn)

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