

My Self, My Space:

Building Confidence and Control in Young Autistics

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Who are you?

“Tell me a little
about yourself”

What *is* your Self?

A black silhouette of a person standing with arms slightly away from their body. A white speech bubble with a blue outline is positioned to the left of the person's head, containing the text "Hi, I'm Sam!".

Hi, I'm
Sam!

This is Sam.
Sam will
be my assistant
today.



This is Sam's
personal space.



Personal space
also includes
possessions,
feelings, ideas,
voice, and more

I want
To play now





Personal space
becomes part
of how we
define our Self.



play
exploration
recuperation
imagination
development
goals



When we limit
a person's
personal spaces,
we also constrain
their Self.

I'm not allowed. I am bold.



Therapy time

Inappropriate play

Bad behaviour

Incapable



Encouraging,
allowing,
respecting,
and supporting
leads to ...



Confidence,
dignity,
self control,
boundaries,
mental health.




...and less stress
and hard work
for parents





Does that sound
like letting
kids run riot?

Not really ...



I need
all of these!

play
exploration
recuperation
imagination
development
goals



Its just about
allowing
kids be kids

And ...



Giving them
Space to grow

And giving you
Space to live.

Thanks
For listening!



Thank you Sam
For helping out,
and
Thank you for
Your attention.

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