



## The Autism Playbook for Teens: Imagination-Based Mindfulness Activities to Calm Yourself, Build Independence Connect with Others

By Irene McHenry PhD

Instant Help Books. Paperback. Condition: New. 176 pages. Dimensions: 7.8in. x 5.9in. x 0.5in. Teens with autism have the potential to be excellent actors. They are natural observers able to study, imitate, and learn social behavior. The Autism Playbook for Teens is designed to bolster these strengths with mindfulness strategies and roleplaying scripts, while also helping teens reduce anxiety, manage emotions, be more aware in the present moment, and connect with others. This book offers a unique, strengths-based approach to help teens with autism spectrum (including Aspergers Syndrome) develop social skills, strengthen communication, and thrive. The activities contained in each chapter are custom-designed to work with the unique perspectives, sensory processing, neurological strengths and challenges that teens with autism bring to their encounters with the social world. By engaging in these activities, teens will gain an authentic awareness of their surroundings, leading to better social interaction that is also rewarding, interesting, and fun. The delightful and creative activities in this book are grounded in well-documented clinical observations and current empirical studies. They also take into account the real neurological differences that exist in young people with autism, and focuses on the unique pathways needed to connect with and inspire these exceptional and...



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