

Autism Awareness Spirit Week



Monday, April 18th:

Wear your **comfy** sweats!

Fun fact:

Stimming is a form of **sensory seeking**. Repetitive movements, sounds, or fidgeting can help people with autism stay calm, **relieve stress** or block out uncomfortable sensory input.

Tuesday, April 19th:

Wear **blue** today!

Fun fact:

Blue is a primary color. It is associated with a **calm feeling** and acceptance in an otherwise loud and busy world for people on the spectrum.

Wednesday, April 20th:

Wear **TieDye**!

Fun fact:

Most closely tied to the concept of the autism spectrum, a range of colors on the rainbow has often been used to visually represent the diversity and individuality of individuals with autism.

Thursday, April 21st:

Superhero Day!



Fun fact:

Individuals with autism spectrum disorder can be very creative and are frequently passionate about music, theater, art, dance and singing. Each person has their own skills and talents!

Friday, April 22nd:

Autism District T-Shirt and Jeans!



Fun fact:

Millcreek Township School District supports **11 Autistic Support Classrooms** and **177 children with Autism**. Share your support by donating money to wear jeans-all donations will be collected for the Walk for Autism on April 23rd.