





CENTRE FOR AUTISM
MIDDLETOWN

Art Club is on in school every Thursday at 3.30pm

- It is in the Art room.
- It is **okay** to feel nervous about going the first time.
- Everybody feels nervous when they try something new.

When I feel nervous I will:-

1. Take three deep breaths. 
2. Count to ten. 
3. Ask the Art teacher for help.

- Mum will collect me after Art Club from the front door of the school.