



AUTISM Strength Cards for Children

www.SocialWorkersToolBox.com

Free Download

VIDEOS
I can watch a video and
use what it shows me.



I sometimes see things in
a different way from
other people.



I AM GOOD AT
ROUTINES

I follow the same steps in
the same order every time.



About this Resource

Autism Strength Cards for Children are a free printable resource designed to celebrate the unique strengths and abilities of autistic children. These colourful affirmation cards help children build confidence, recognise their talents, and develop positive self-esteem.

Each card includes a simple statement written in clear, concrete language so children with autism can easily understand and connect with the message. The affirmations highlight skills such as attention to detail, memory, routines, problem-solving, logical thinking, creativity, organisation, and caring for others.

These autism strength affirmation cards can be used by:

- Parents and carers at home to encourage confidence and positive thinking.
- Teachers and SEN staff in classrooms to support social-emotional learning.
- Therapists, counsellors, and social workers to help children recognise their abilities.
- Foster carers and adoptive parents to support children's emotional wellbeing.

You can use these printable affirmation cards for autistic children daily as part of a calm-down kit, morning motivation activity, or wellbeing routine. They also work well in therapy sessions, social skills groups, or one-to-one support.

By focusing on strengths, these cards help children with autism:

- Build self-belief and confidence
- Celebrate their unique way of thinking
- Develop a positive growth mindset
- Strengthen resilience and independence

This free download is available from [SocialWorkersToolbox.com](https://www.SocialWorkersToolbox.com), where you can also find more autism resources, social work tools, and printable activities for children's emotional wellbeing.

www.SocialWorkersToolbox.com

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resources for
direct work



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FOR THEIR WORK WITH FAMILIES AND/OR TRAINING PROVIDING THAT
NO CHANGES ARE MADE TO ITS CONTENT.

I AM GOOD AT FOLLOWING A PLAN

I can do each step in the
right order to
finish a task.



I LEARN IN WAYS THAT SUIT ME

I learn best in the way
that works for me.



I AM SENSITIVE TO THE WORLD

I notice sounds, smells,
tastes, and lights more
than other people.



I AM GOOD AT FIXING THINGS

I can work out how to
make something
work again.



I NOTICE BEAUTY IN SMALL THINGS

I like looking at small
things like flowers, shells,
or clouds.



I AM CARING IN MY OWN WAY

I show I care in a way
that feels right for me.



I AM GOOD AT REMEMBERING PLACES

I can find my way back to
places I have been before.



I AM GOOD AT HELPING OTHERS LEARN

I can show or explain
things to other people.



I CAN FOCUS DEEPLY

I can pay attention to something I enjoy for a long time.



I AM RELIABLE

People can trust me to do what I say I will do.



I AM PROUD OF WHO I AM

I feel happy about the person I am.



I AM GOOD AT ROUTINES

I follow the same steps in the same order every time.



I AM HONEST

I tell the truth about what
I think and feel.



I AM LOYAL

I stay friends with people I
care about for a long time.



I NOTICE DETAILS OTHERS MISS

I see small things like
patterns or changes that
others do not see.



I THINK IN MY OWN WAY

I solve problems in a way
that works for me.



I AM DETERMINED

When something is important to me, I keep trying until I finish it.



I AM A DEEP THINKER

I think carefully about my ideas and questions.



I REMEMBER THINGS WELL

I can remember and tell people information I have learned.



I AM CREATIVE IN MY OWN STYLE

I make or build things in my own way.



I ENJOY MY SPECIAL INTERESTS

I like learning a lot about the things I enjoy.



I CAN LEARN NEW SKILLS

I get better at something when I practise it.



I AM GOOD AT THINKING LOGICALLY

I work out answers one step at a time.



I AM CALM WHEN I HAVE MY SPACE

I feel relaxed when I can be in a quiet space by myself.



I AM GOOD AT SPOTTING MISTAKES

I can see when something is wrong or out of place.



I AM GOOD AT LEARNING RULES

I am good at following rules that I know well.



I AM GOOD AT LEARNING FROM VIDEOS

I can watch a video and use what it shows me.



I HAVE A UNIQUE PERSPECTIVE

I sometimes see things in a different way from other people.



I AM GOOD AT NOTICING WHEN THINGS CHANGE

I can tell when something
is different from before.



I AM GOOD AT SORTING THINGS

I can group things by
their colour, shape, or size.



I AM RESPONSIBLE

I look after my things and
keep my promises.



I AM A PROBLEM SOLVER

I can think of ways to fix
small problems.



I AM GOOD AT DRAWING WHAT I SEE

I can make pictures that
show what something
looks like.



I AM GOOD AT REMEMBERING WHAT PEOPLE SAY

I can remember words or
conversations for
a long time.



I AM KIND TO ANIMALS AND NATURE

I look after animals and
plants and try to keep
them safe.



I WORK WELL WITH OTHERS

I can be part of a team
and share ideas.



I AM GOOD AT LISTENING TO SOUNDS

I can notice and tell the difference between sounds.



I AM GOOD AT TAKING TURNS

I can wait for my go when I play or talk.



I AM GOOD AT KEEPING THINGS ORGANISED

I can arrange my things so I know where they are.



I AM GOOD AT THINKING ABOUT NUMBERS

I can understand and use numbers to solve problems.

