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KORTFILMSKLUBBEN ENGELSKA

Anna

Before watching

Discuss in class:

What are routines? Why do you think we have them? Can you give examples of routines?

While watching

- This movie takes place in New Zealand. Try and see if you can notice differences/similarities between the environment in which the movie takes place and the environment where you live.
- Notice the sound in the movie. What happens with it as the movie proceeds? In what way does it change?

After watching

Discuss in groups of 3-4:

- Anna feels calm when looking at maps, clicking her pen, reading a book and listen to her mother's voice. In her room, she has maps, magazines and pictures of her mom. Do you also have things in your room that make you relax and feel safe? How much do you think objects like these affect us when we decorate our rooms and homes? Is it important to feel safe in your room? Can objects help to create that feeling or do you need something more or something else? In that case, what? Share your thoughts within the group.
- Anna greets her neighbor, Mrs. Warwick, every day. How often do you greet your neighbors? Do you have neighbors you meet every day? What about people on your way to school? At the bus stop? The train? When you walk? Are they the same? Have you ever noticed the people around you on your way to or from school? Is it important for you to interact with the people around you or do you prefer to be unnoticed?
- When do we first notice that Anna is uneasy about change in her routines? What happens? How can you at first tell the change makes her nervous? How does Anna's reaction affect the people around her? Do you think they understand why she reacts as she does? Why/why not?
- What different things does Anna do in order to stop her panic? Why do you think she does them? Why do you think she prefers them to other things?

- Anna's mother uses lots of pauses and a very calm voice when talking to Anna. In what way do you think that affects Anna? Would her reaction be different if her mother spoke in a different way do you think?
- In what way have the people around Anna changed by the end of the movie? In what ways have they been affected by Anna's reactions?
- Choose the statement/-s you think is/are more fitting to describe the movie and present some arguments to why you think so;
 - This is a movie...
 - ... about a girl named Anna
 - ... about routines
 - ... about dealing with difficult things
 - ... about finding strategies
 - ... about ...

Did you know...?

A social story is a way for people with Autism Spectrum Disorder (ASD) to better cope with new situations.

While repeating one's social story, it helps the person in making new situations feel less frightening and more predictable.

One example of a social story is to create Comic Strip Conversations, similar to story boards used in comic books or movies. In these, the images help to create the social story.

Learn more:

www.storyboardthat.com

www.autism.org.uk

<https://carolgraysocialstories.com>

Extra:



What routines do you use in your everyday life?

Try to list at least 3 things that you do the same/almost the same every time. Picture your day from morning to evening. Do you eat the same breakfast every morning, or do you vary it? Do you prepare for school in the same way every morning? What about your way to school, is it always the same? Where do you sit in class, do you choose to sit in the same place every day or do you switch place sometime?

Answer the following questions:

- What do you think would happen if you tried to change your habits?
- Would it come naturally, or would it feel strange?
- Would someone else notice if you suddenly changed your habits?
- Have you noticed anyone else's habits?
- What advantages/disadvantages do you see with habits?



Anna has some strategies and a social story that she uses if something in her routine goes wrong.

Some people prefer to listen to or play music in order to relax, sing or use an instrument. Some prefer to read or be with a friend or family or a pet. Some people prefer to do something physical, some prefer to have a confidence building phrase they can think about. What other routines can you think of for calming down?

What strategy would you need in order to get back on track when things don't go your way? Would you use the same strategy every time or use different, depending on what the situation would be?



Create your own comic strip conversation about your way to school!

Vocabulary: (New Zealand English)



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|-----------------------------|-----------------------------------|
| • social story | - <i>social berättelse</i> |
| • to focus | - <i>att fokusera</i> |
| • routine | - <i>rutin</i> |
| • don't go to plan | - <i>inte gå som planerat</i> |
| • would you mind...? | - <i>kan du tänka dig att...?</i> |