

Same

My name is Christopher and I'm autistic you know
I like things the same, different bothers me so
My week is planned and I like it this way
I know what is happening every day
Monday is college for my friends and me
Then home with Sally and pizza for tea
Tuesday is school and my class is SG
And when I get home I have fish for my tea
Wednesday is cooking making burgers for staff
Then after school club with friends for a laugh
Thursday is shredding to the primary site I go
I finish work quickly I'm never slow
Friday has come and school dinner for me
Jacket potato but then can't have one for tea
Swimming on Saturday lots of friends I see
Sometimes if good another Pizza for tea
Sunday car boot a bargain I get
Swimming again I do like to get wet
This is my week and I like it this way
Don't mess it about or I'll have something to say
My week is all sorted and each week's the same
When things are all different I don't like the game
I get very stressed and I worry a lot
I become very angry and get very hot
I talk and I talk and I pace up and down
My eyes they look cross and my face has a frown
I try to keep calm but different bothers me a lot
I say it's ok when really it's not.
I like it the same I like the routine
Different is funny and I'm really not keen
I sometimes do different, I really do try
But when it is different I just want to cry
So leave it the same as much as you can
Then I will be your number one fan.

(Written on behalf of Christopher by his foster carer, Mrs Sally Rowling)