



Alex and Rosie's Adventures in West Sussex

Stories for children with autism
David Blakesley and Tharada Blakesley

Alex and Rosie's Adventures in West Sussex

Stories by David Blakesley

Illustrations by Tharada Blakesley

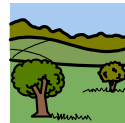


Introduction

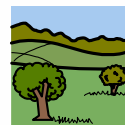
Autism and Nature is a non-profit organisation dedicated to enriching the lives of children on the autism spectrum, by helping to engage them with the countryside and nature. *'Alex and Rosie's Adventures in West Sussex'* has been written to complement our guide *'Visiting the West Sussex countryside: a guide for parents and teachers of children with autism'*. The book tells the story of two children, Alex and Rosie, who visit natural places described in our guide. We hope that it will appeal to younger children with autism and children with speech and language difficulties, and encourage their interest in the countryside and nature.

This book has been generously sponsored by the Short Breaks Team West Sussex County Council, the Ernest Cook Trust, Woodlands.co.uk and VisitWoods. We are grateful to Pi Design Co., Ltd. who co-sponsored this book as part of Autism and Nature's programme to produce stories for children with autism in Britain and Thailand. We would especially like to thank Debbie Buckwell (Short Breaks Team West Sussex County Council) for distributing this book, and Ruth Aspden (St. Anthony's School) for her enthusiastic support of our work in West Sussex. We would also like to thank Cate Rae (Widgit Software) for her valuable help with symbolising the text. Finally, we would like to thank Barbara Creed for the layout of the book.

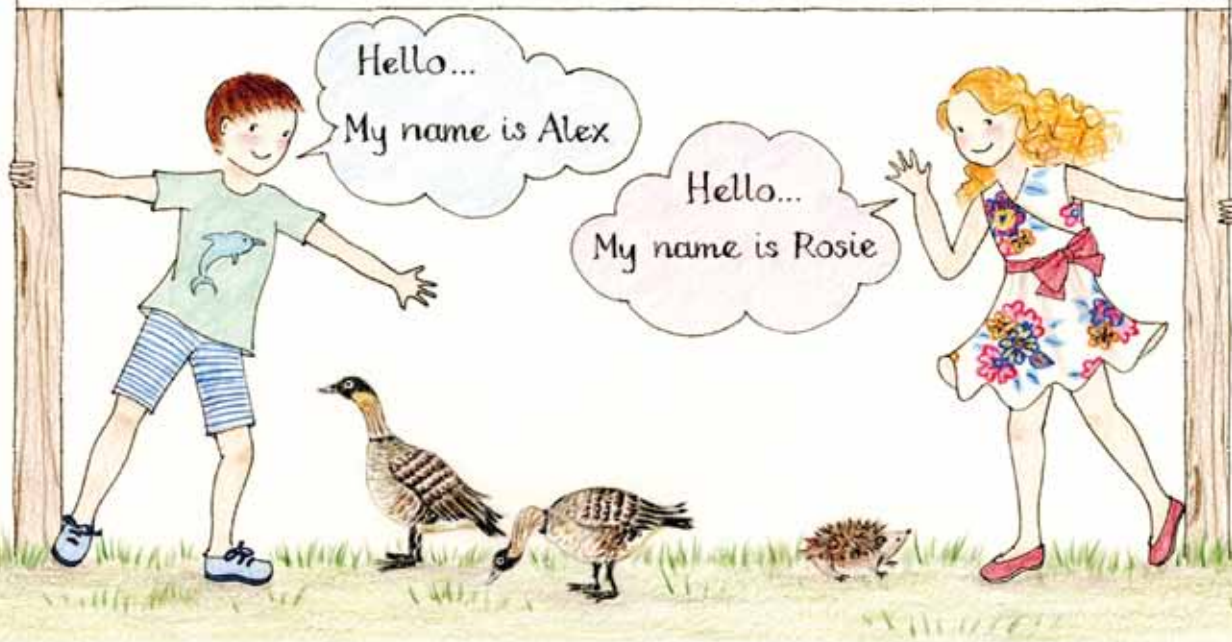




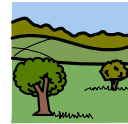
Alex and Rosie enjoy visiting the countryside.



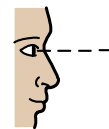
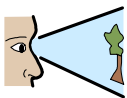
This is a story about their favourite places.



Harting Down



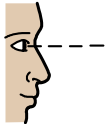
Alex and Rosie enjoyed walking on Harting Down.



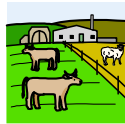
The view was amazing, but everything looked so small.



Alex



looked



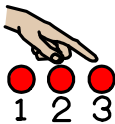
at the farm animals



through his binoculars.



Rosie



counted



buttercups



and daisies



in the meadow.

Bracklesham



Alex



and Rosie



were very excited!



They found



fossils



on the beach at Bracklesham.



Alex



found



a fossil



shark's



tooth.



Rosie



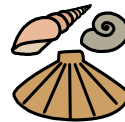
found



beautiful

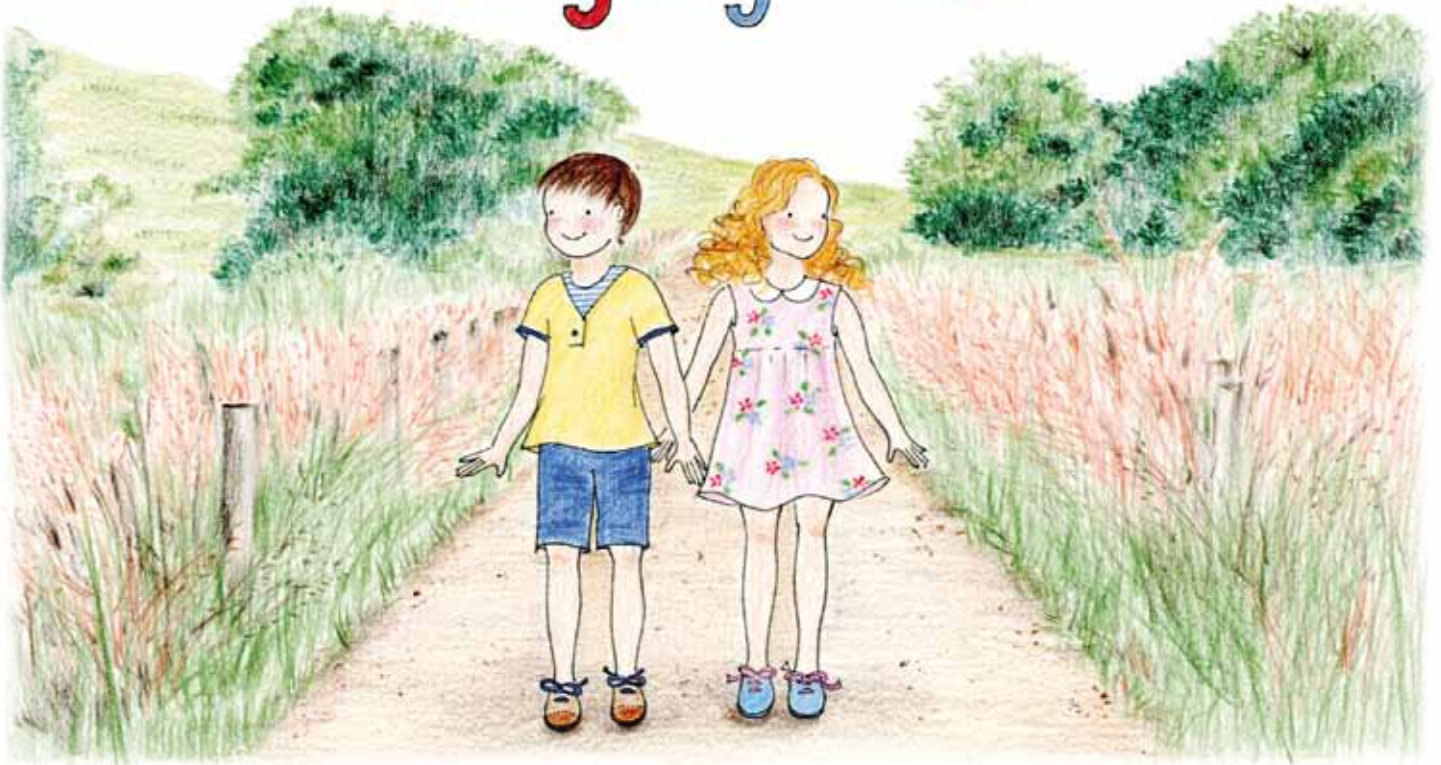


fossil

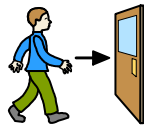


shells.

Kingley Vale



Alex and Rosie enjoyed walking along the quiet lane.



When they arrived at the nature reserve they had a rest.

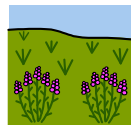
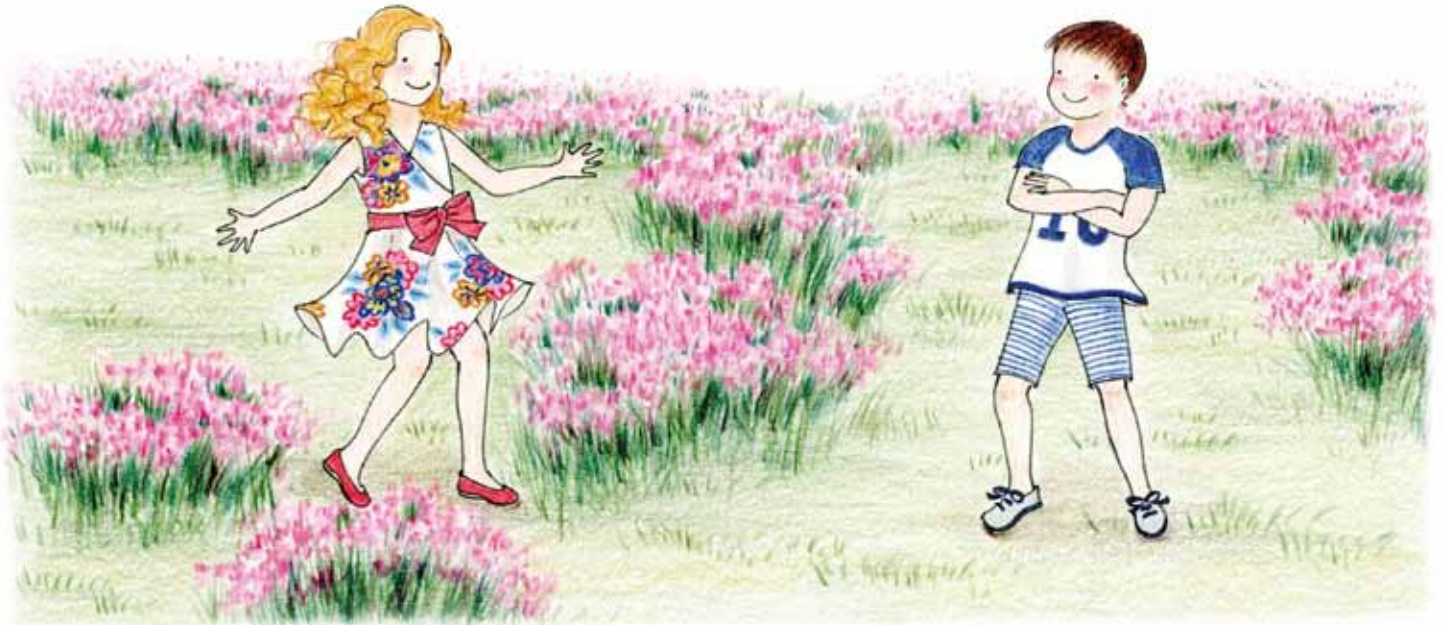


In the wood, the Yew trees are 2000 years old.

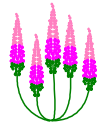


Alex and Rosie gave each tree a big hug.

Stedham Common



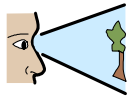
The heathland is very colourful in summer.



Rosie likes heather, because pink is her favourite colour.



Alex



saw



a lot of blue butterflies.



He was happy,



because blue



is his favourite

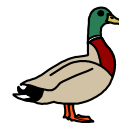
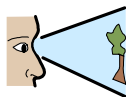


colour.

Pagham Harbour



Alex and Rosie went to Pagham Harbour on a winter's day.



It was cold, but they saw a lot of ducks and geese.



Alex



was excited!



He found

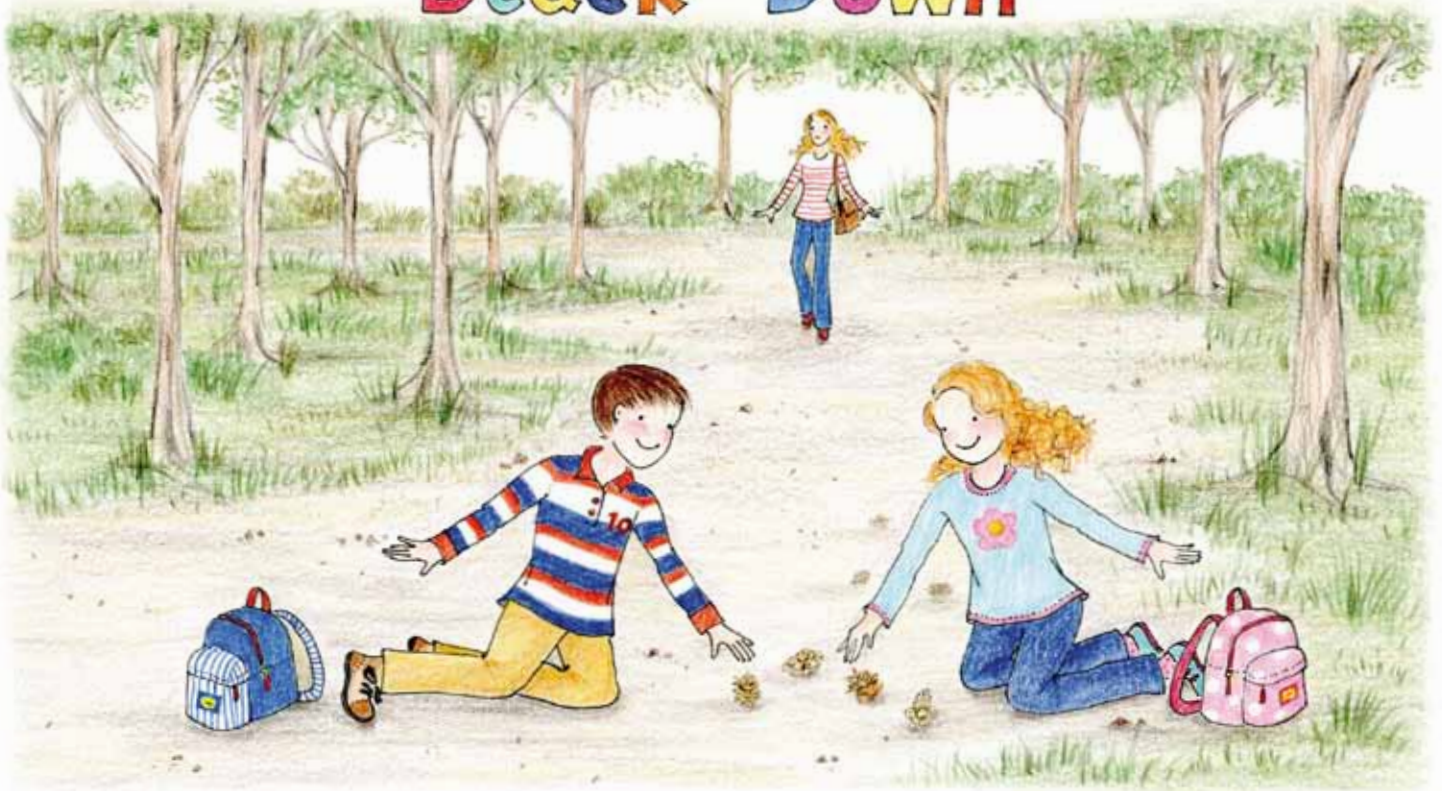


a fossil



sea urchin.

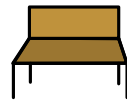
Black Down



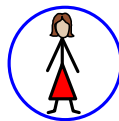
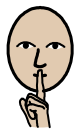
Alex and Rosie walked through the forest at Black Down.



Along the way, they collected a lot of pine cones.

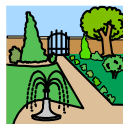
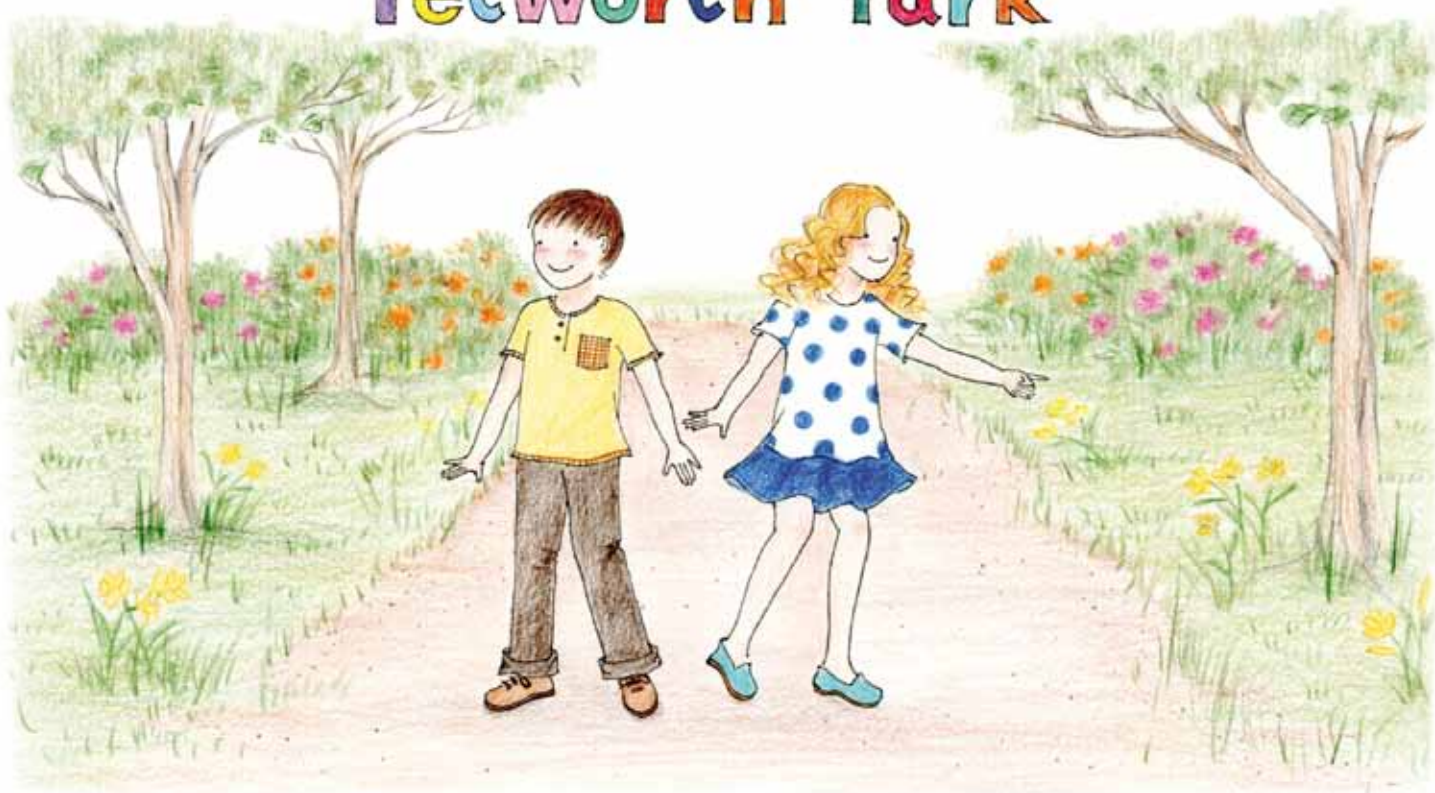


Alex and Rosie sat on a seat to have a drink.



It was quiet, so their mother read a story to them.

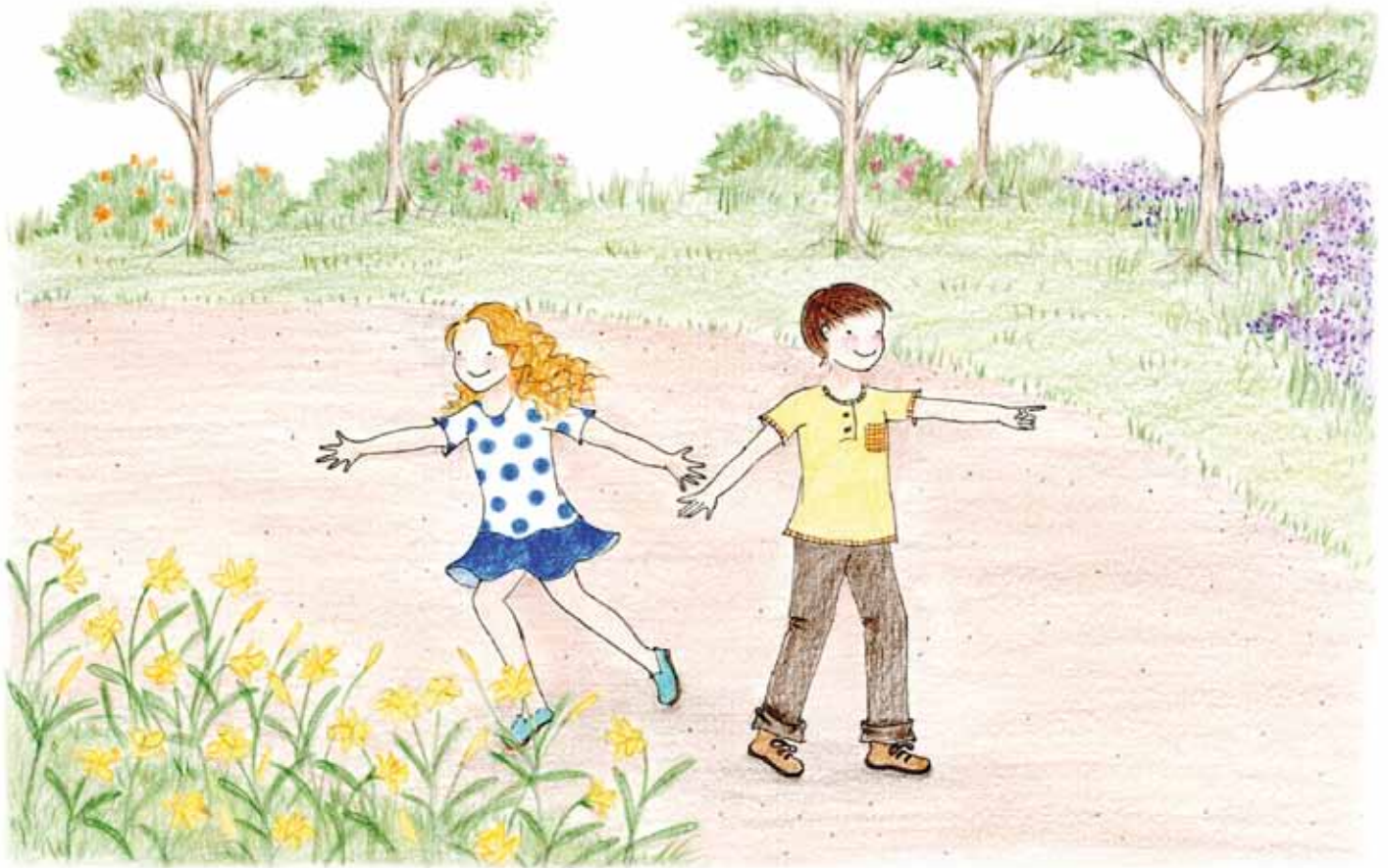
Petworth Park



Alex and Rosie visited Petworth gardens in the spring.



There were a lot of flowers growing under the trees.



Rosie



liked



the daffodils,



which were bright



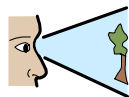
yellow.



Alex



preferred

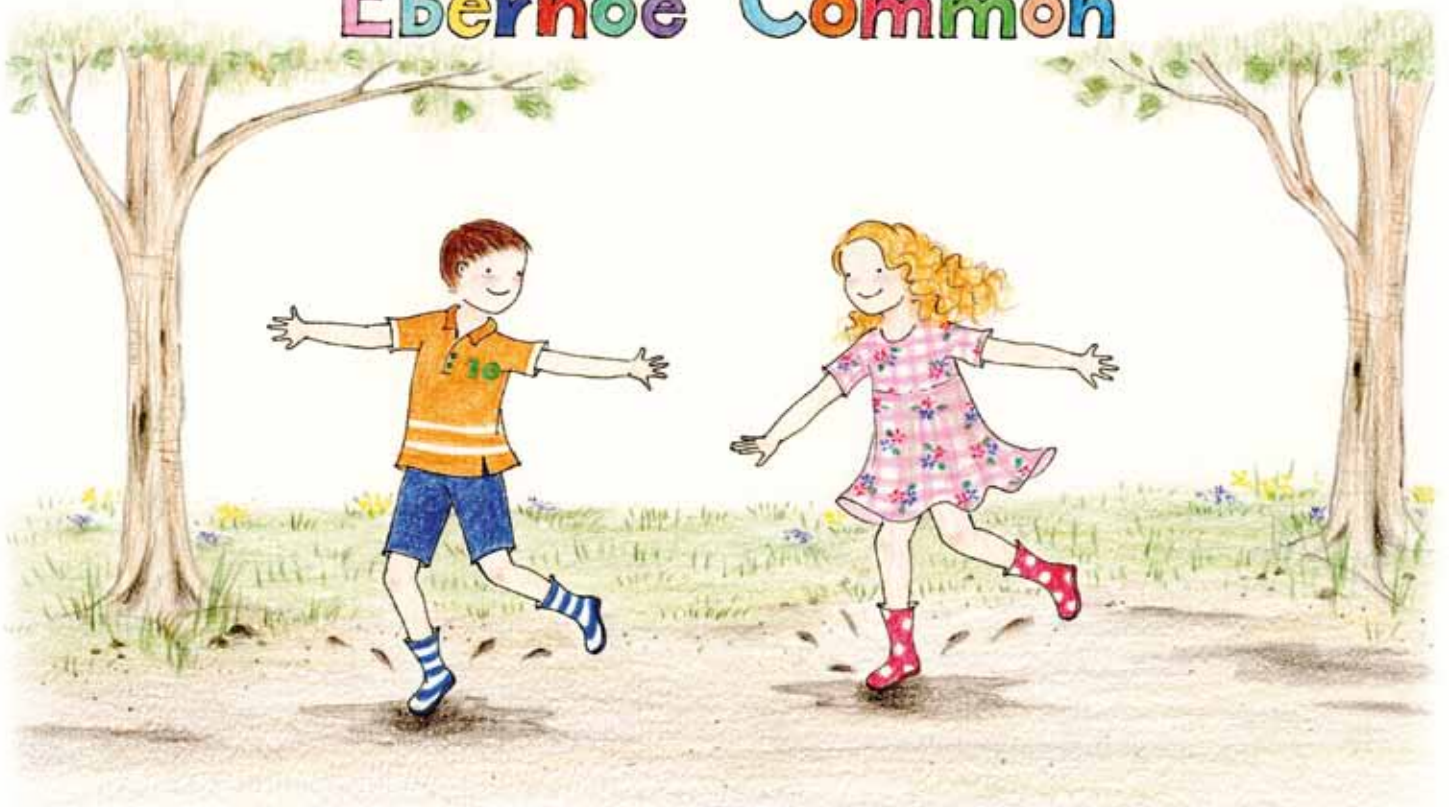


to look



for bluebells.

Ebernoe Common



It was very muddy in the wood at Ebernoe Common.



Alex



and Rosie



had to wear



wellingtons.



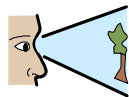
There were a lot of wild flowers in the wood.



Alex



and Rosie



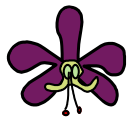
saw



primroses,



cherry blossom and



orchids.

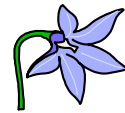
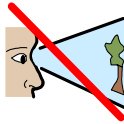
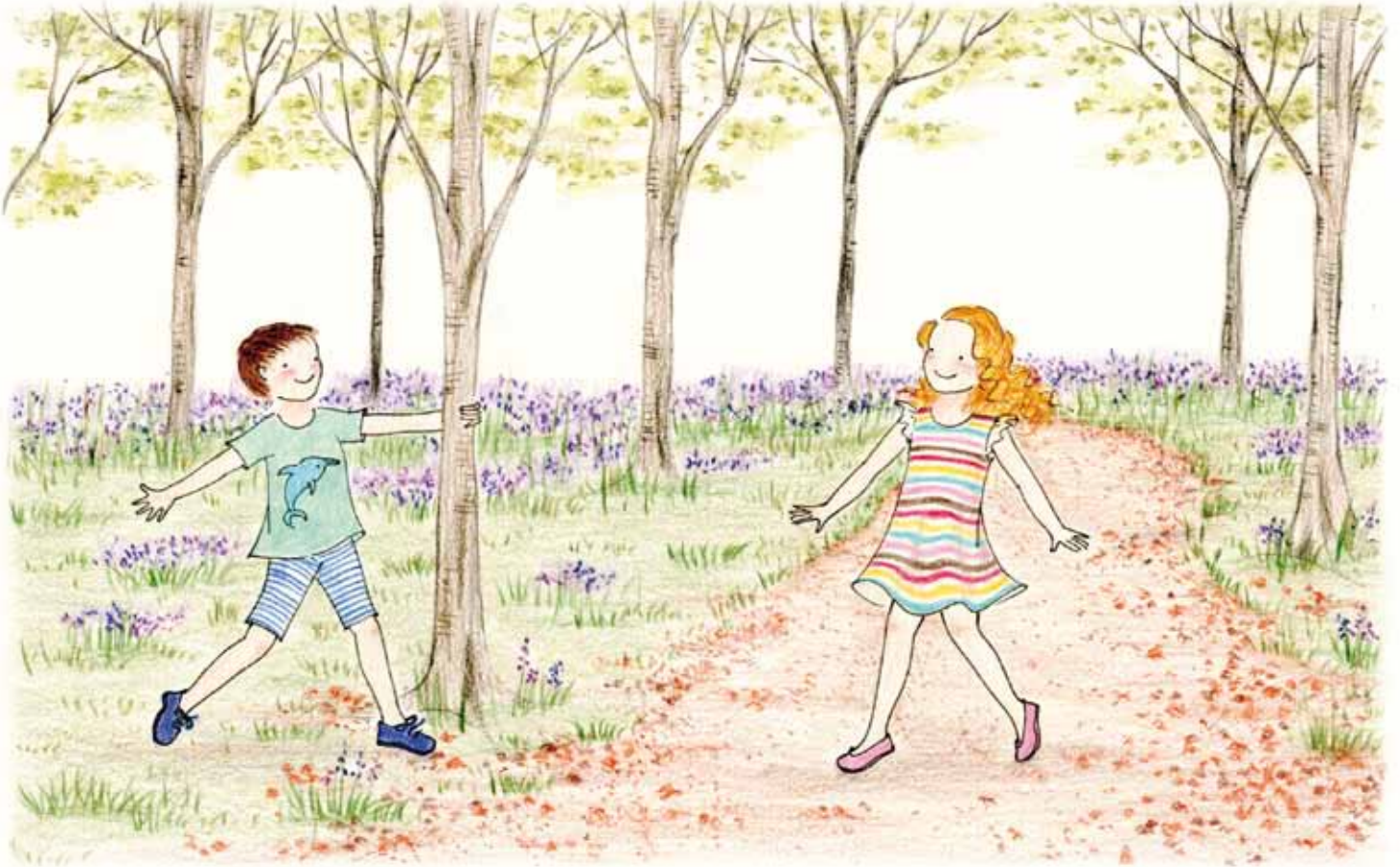
Slindon Estate



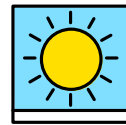
Alex and Rosie went to Slindon in May.



Alex was excited because the woodland floor looked blue!



Alex had never seen so many bluebells before.

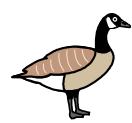
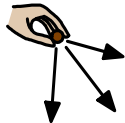


He wanted to walk in the wood all day.

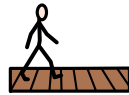
Arundel Wetland Centre



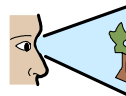
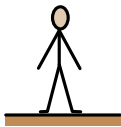
Alex and Rosie were happy to visit Arundel.



They enjoyed feeding grain to the ducks and geese.



Later, they walked on a boardwalk through the reeds.

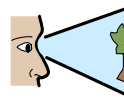


They stood very quietly and saw a water vole.

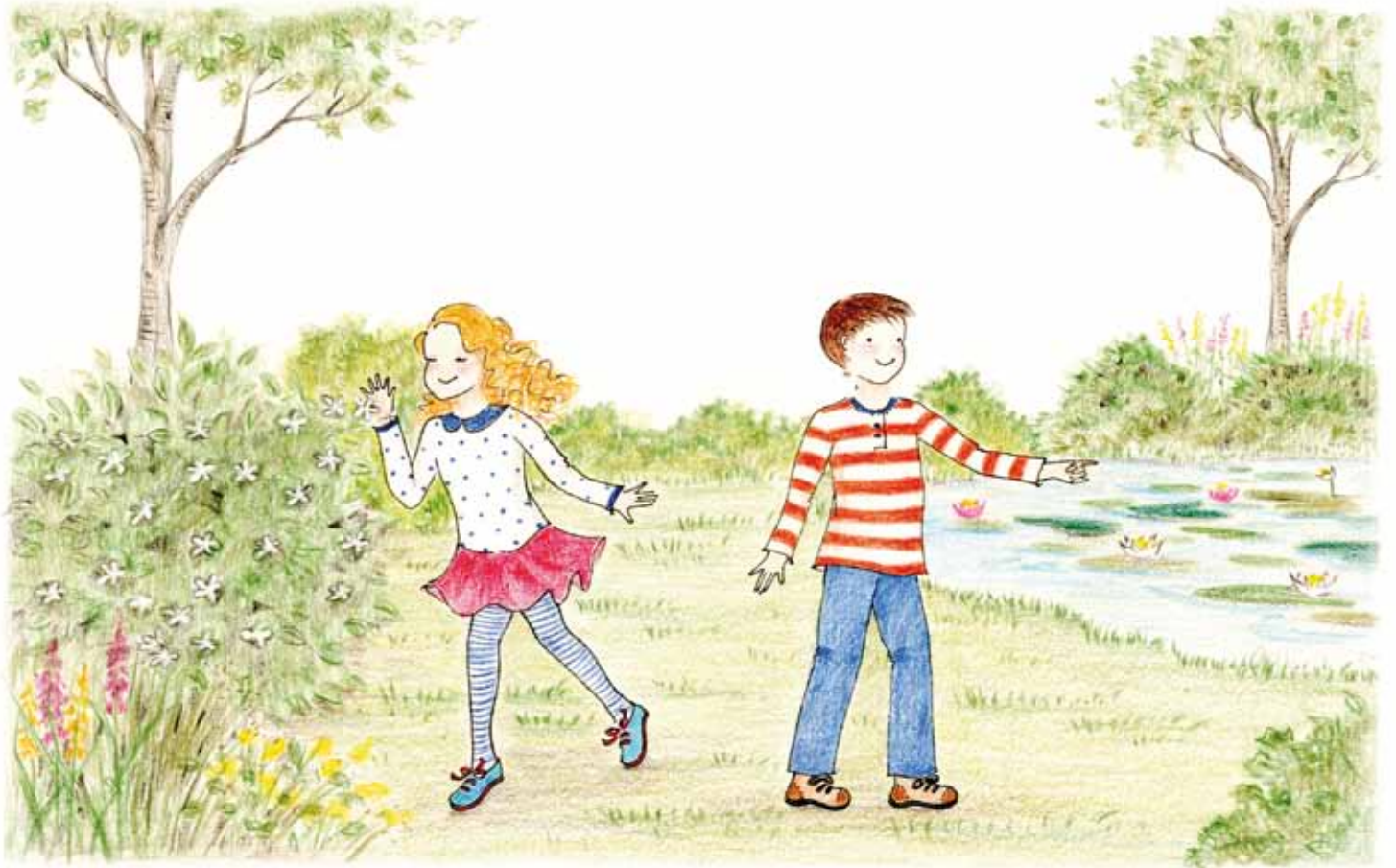
Highdown Garden



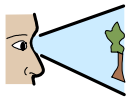
Highdown Gardens are a quiet place to walk.



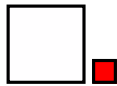
Alex and Rosie were surprised to see a green post box.



Alex



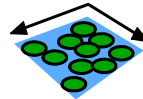
found



a small



pond



covered

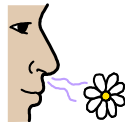
with water lilies.



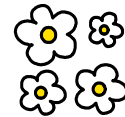
Rosie



was happy

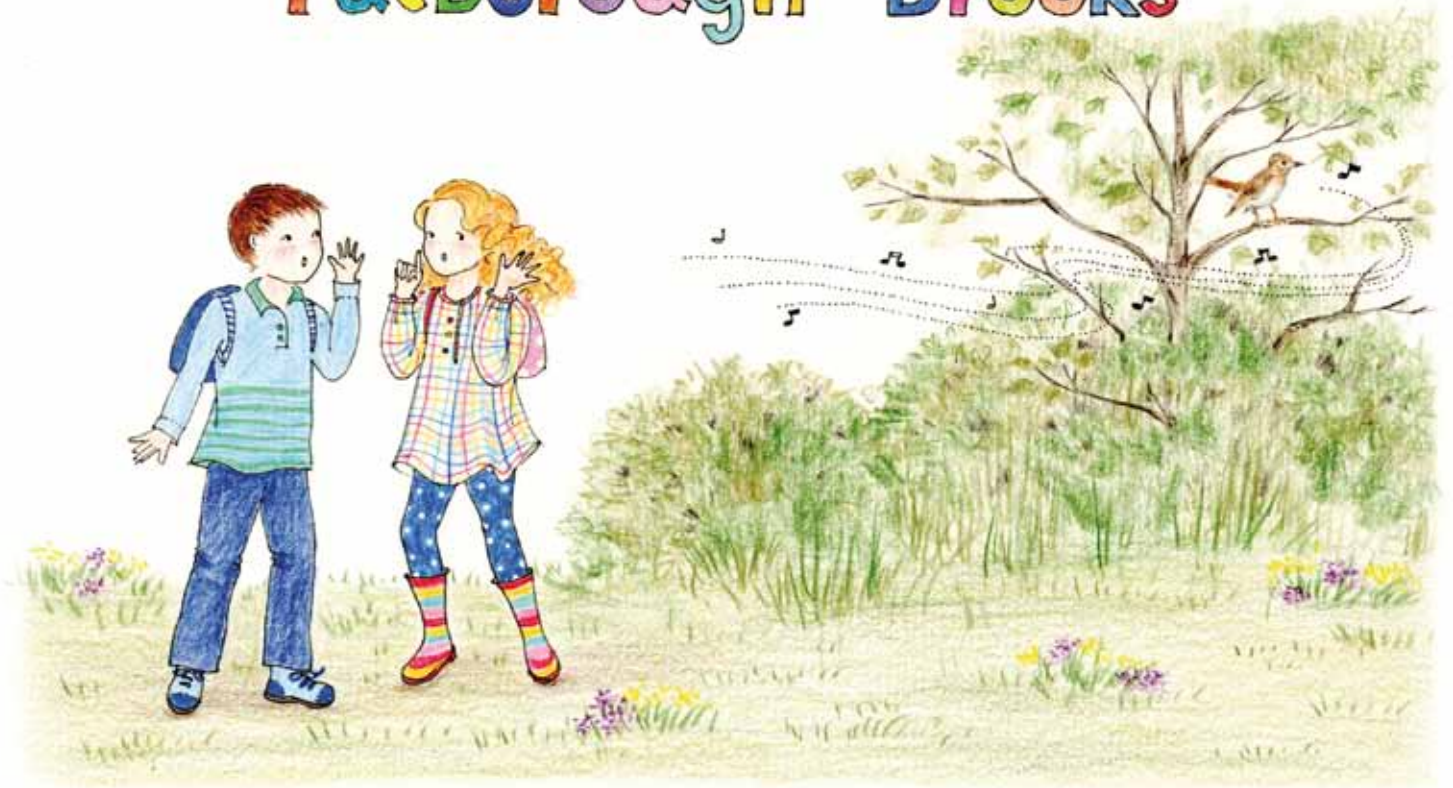


to smell the scent



of Jasmine flowers.

Pulborough Brooks



Alex



and Rosie



visited



Pulborough Brooks



in springtime.



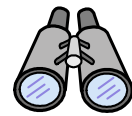
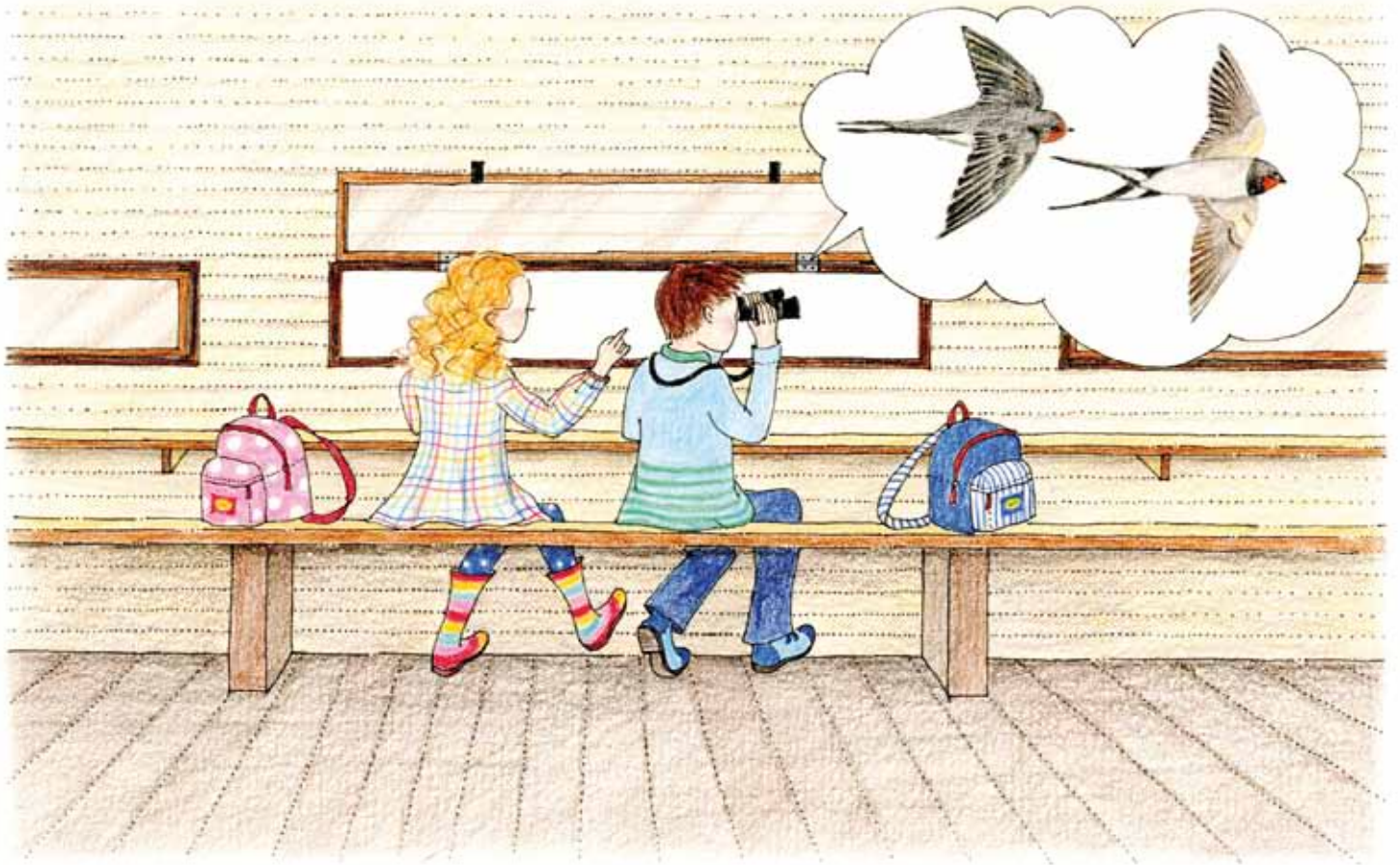
They listened



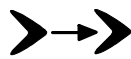
to nightingales singing



in the hedgerow.



Later, they walked to a hide where you can watch birds.



Swallows were catching insects over the water.

Cissbury Ring



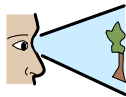
It was a long walk up the hill to Cissbury Ring.



Alex and Rosie enjoyed the exercise.



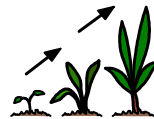
Alex



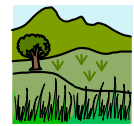
found



wild strawberries



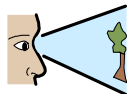
growing



in the meadow.



Rosie



watched



rabbits

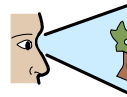
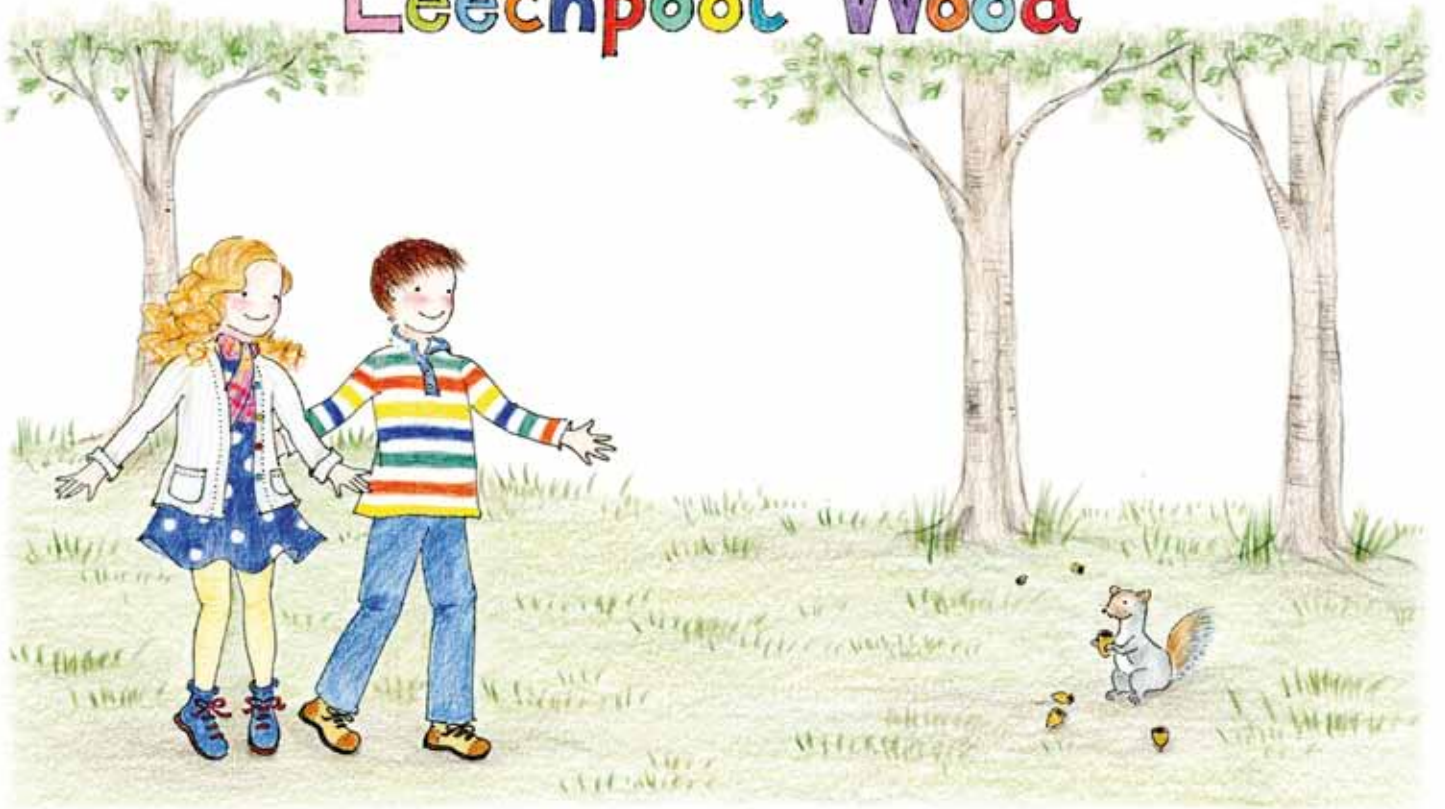


eating



the grass.

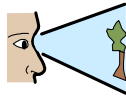
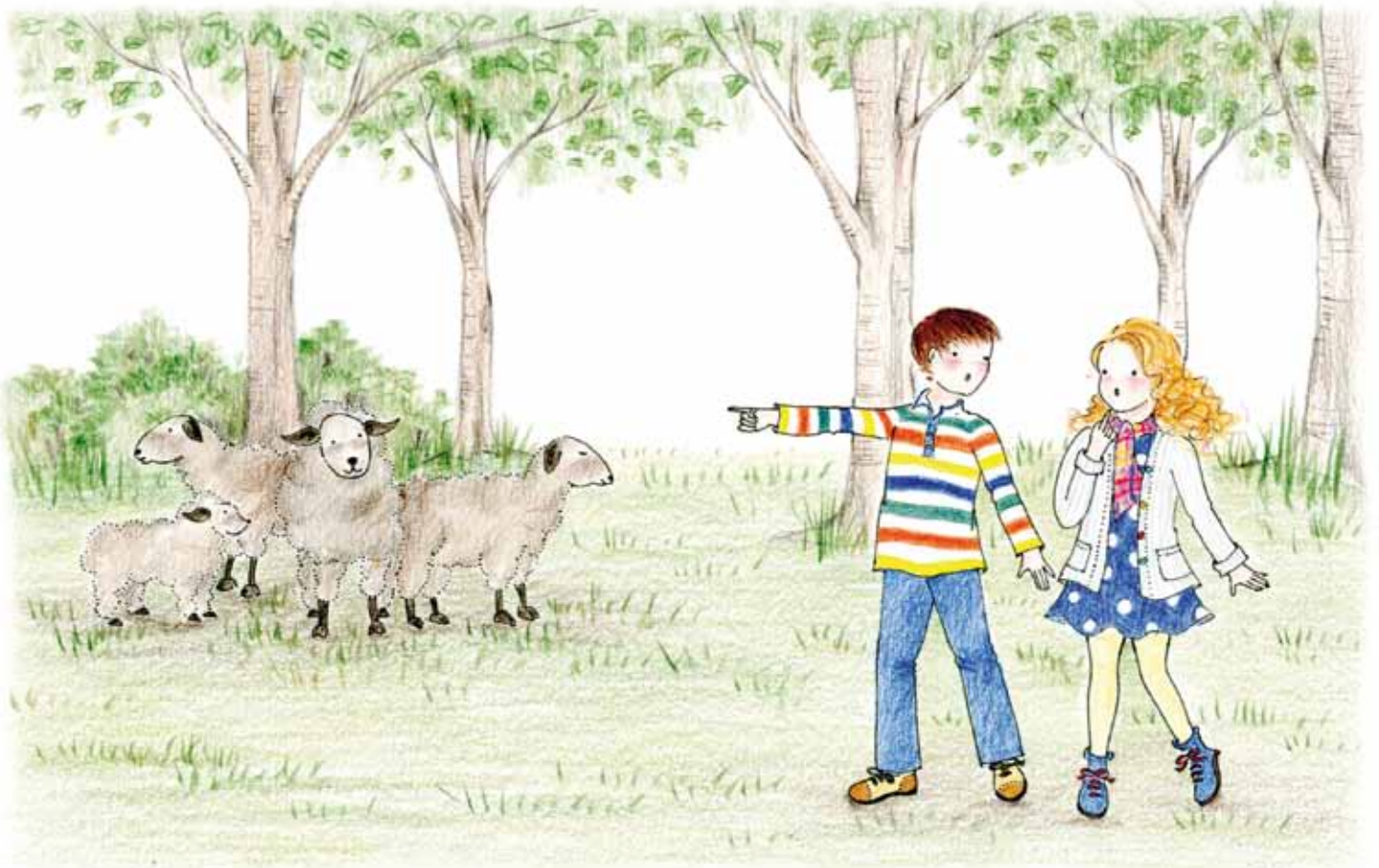
Leechpool Wood



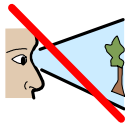
Alex and Rosie were happy to see squirrels in the wood.



The squirrels were collecting acorns for the winter.



Later, they saw a flock of sheep.



Alex and Rosie had never seen sheep in a wood before!

High Beeches Garden



Alex



and Rosie



visited



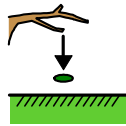
High Beeches Garden



in the autumn.



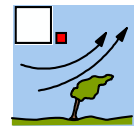
Leaves



were falling



from the trees



in the breeze.



Alex and Rosie were amazed at all the different colours.



They made crowns with red leaves and orange leaves.

Nymans



Alex



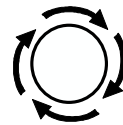
and Rosie



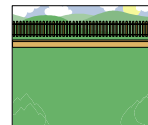
were happy



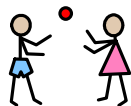
to run



around



on the lawn.



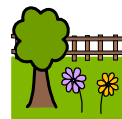
Then they played



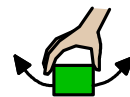
hide and seek



in the bamboo.



Later, Alex and Rosie walked in the wild garden.

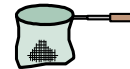
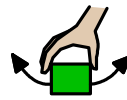
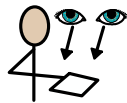


Rosie found flower petals which she used to make art.

Woods Mill



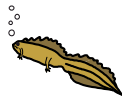
Alex and Rosie were happy to try pond dipping.



The warden showed them how to use a fishing net safely.

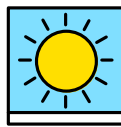


Alex caught a frog and some tadpoles.



Rosie caught a newt, which was very exciting.

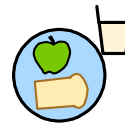
Devil's Dyke



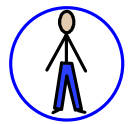
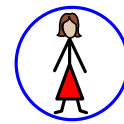
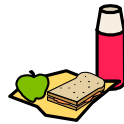
It was a windy day at Devil's Dyke.



Alex and Rosie were happy to fly their kites.

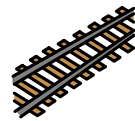
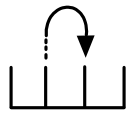


When it was time for lunch...

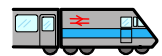
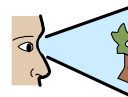


Alex and Rosie enjoyed a picnic with Mum and Dad.

Butcher's Wood



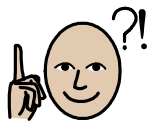
Butcher's Wood is next to the railway.



Alex and Rosie were very happy to see the trains.

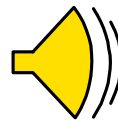
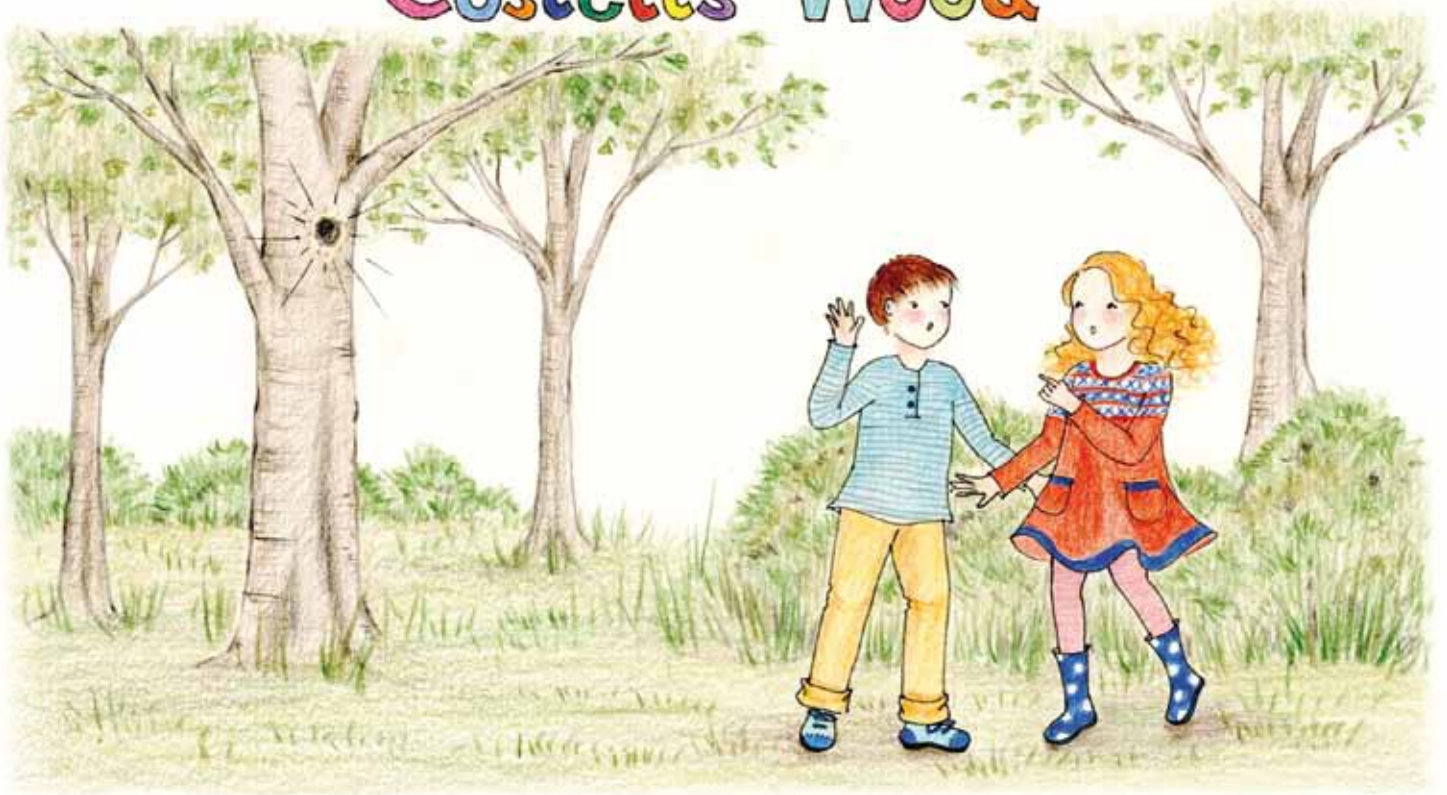


In the wood, Alex walked along the fallen trees.

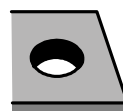
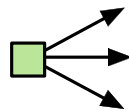


It was much easier than climbing a tree!

Costells Wood



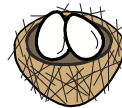
Alex and Rosie heard a strange sound in the wood.



It seemed to be coming from a hole in a tree.

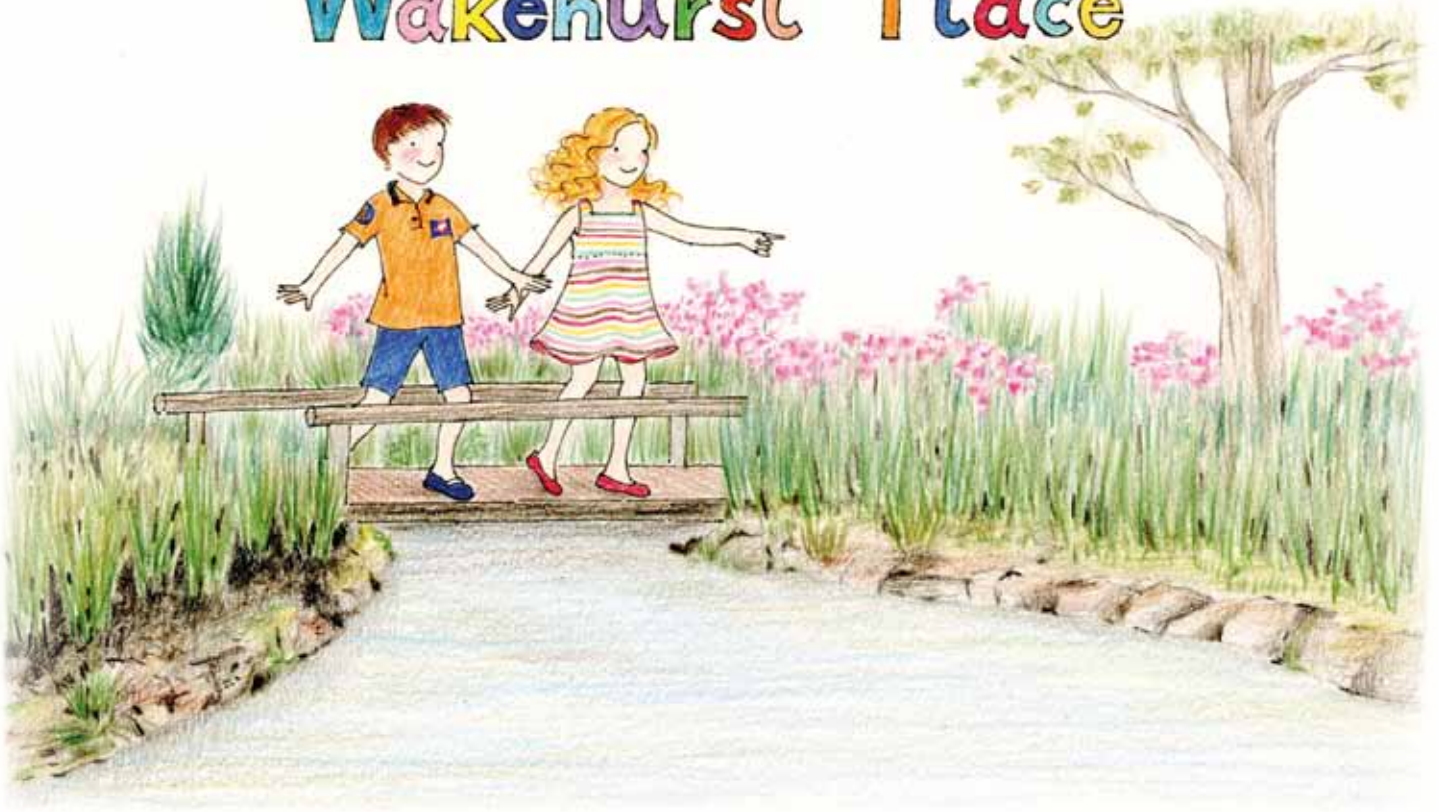


Suddenly a woodpecker arrived.



The woodpecker's chicks were in a nest, inside the tree.

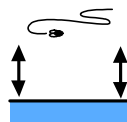
Wakehurst Place



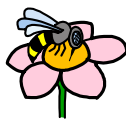
Alex and Rosie explored the gardens.



They enjoyed following the path by the stream.

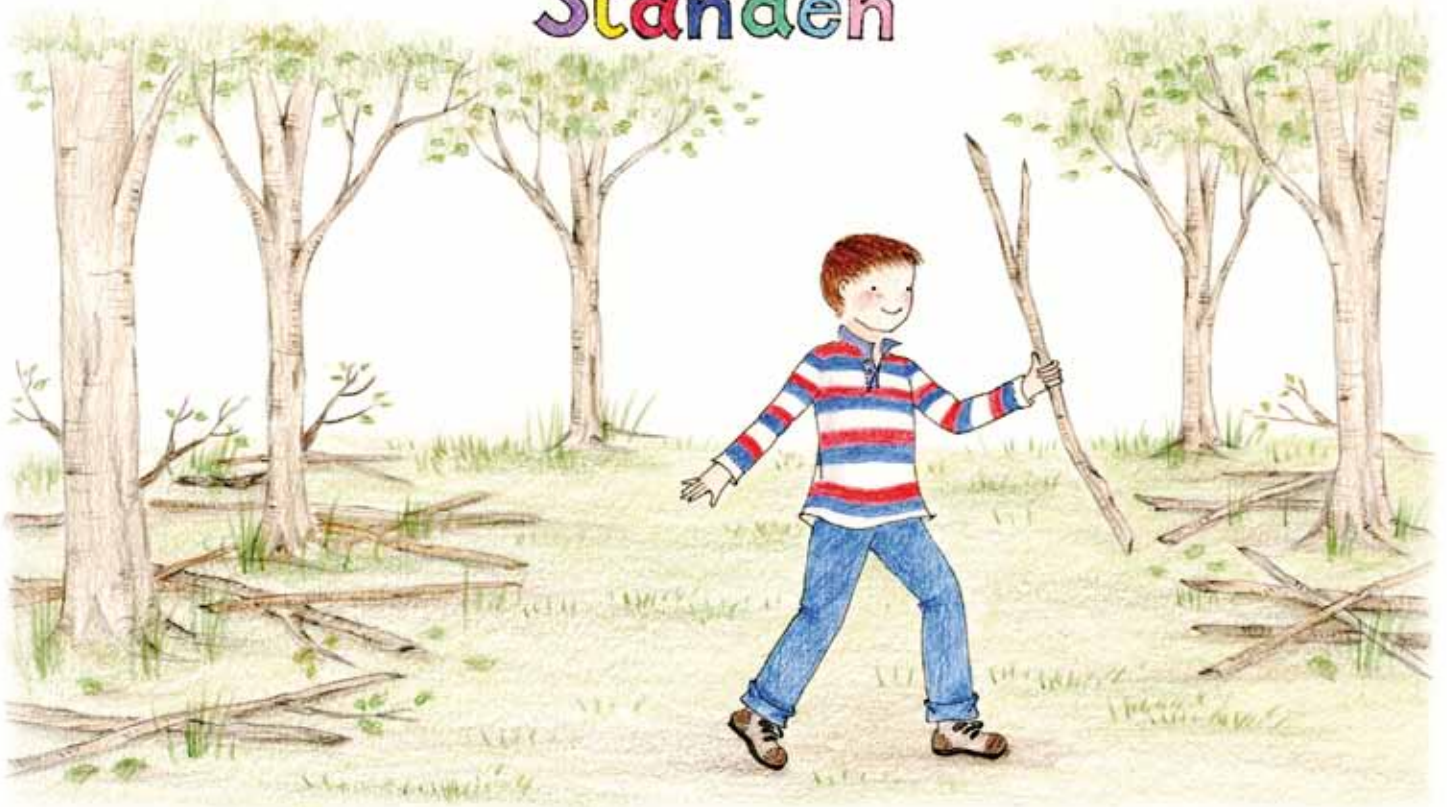


Dragonflies were flying over the stream.



Bumblebees were busy collecting pollen from the foxgloves.

Standen



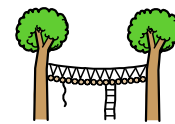
Alex



and Rosie



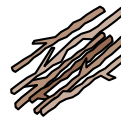
had fun



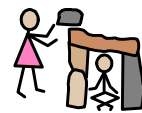
in the woodland play area.



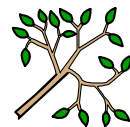
There were lots of branches



and sticks



to build a den.



Alex collected the branches.



Rosie built the den.

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