

Name _____

Date _____

AUTISM & NEURODIVERSITY

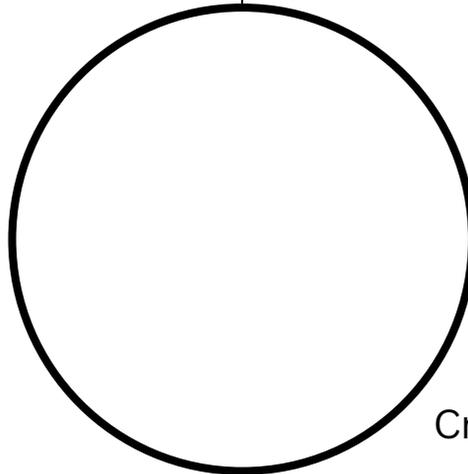
Colour the circles.
Purple = True
Red = Sometimes true
Yellow = false

We hate loud noises.



We like to know if something new is going to happen.

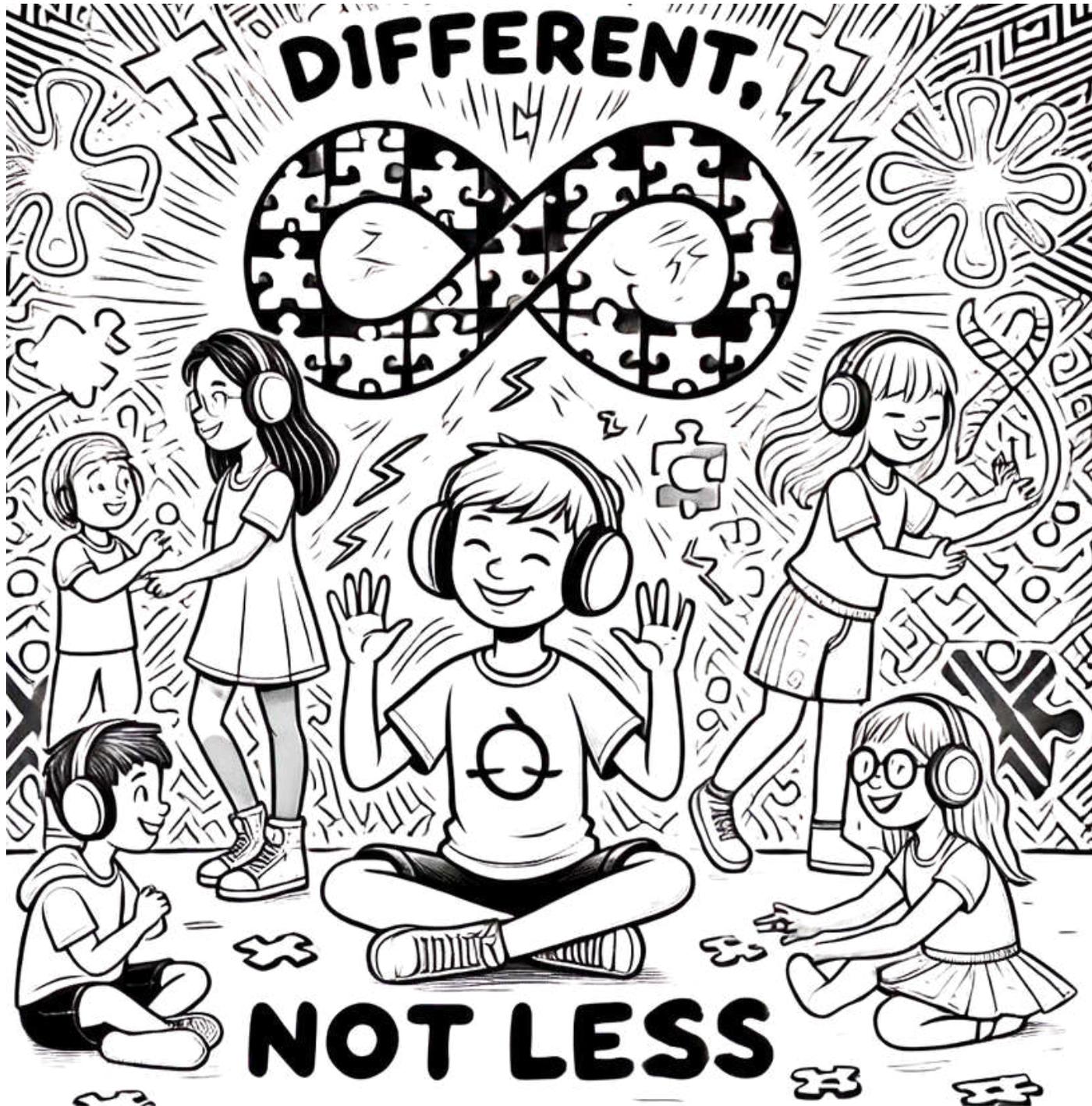
Pictures help us understand.



We want to have friends.

Create your own "fact" about Autism & neurodiversity in the empty circle.

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NOT LESS

AUTISM & NEURODIVERSITY MATCHING ACTIVITY

Director &
Filmmaker



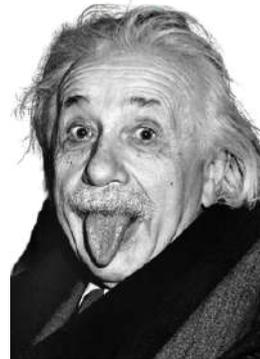
Albert Einstein

Physicist and
Nobel Prize Winner



**Emily
Dickinson**

Poet



Greta Thunberg

Environmental
Activist



Tim Burton

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DRAW A PICTURE OF YOURSELF AND WRITE SOMETHING THAT MAKES YOU UNIQUE!



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HOW CAN WE BE KIND?

WRITE OR DRAW ONE WAY YOU CAN BE A GOOD FRIEND TO SOMEONE WHO THINKS OR LEARNS DIFFERENTLY FROM YOU.



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**FRIENDSHIP KINDNESS SUPPORT AUTISM
UNIQUE SOCIAL BELONG BRAIN HEART**

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Celebrating Differences

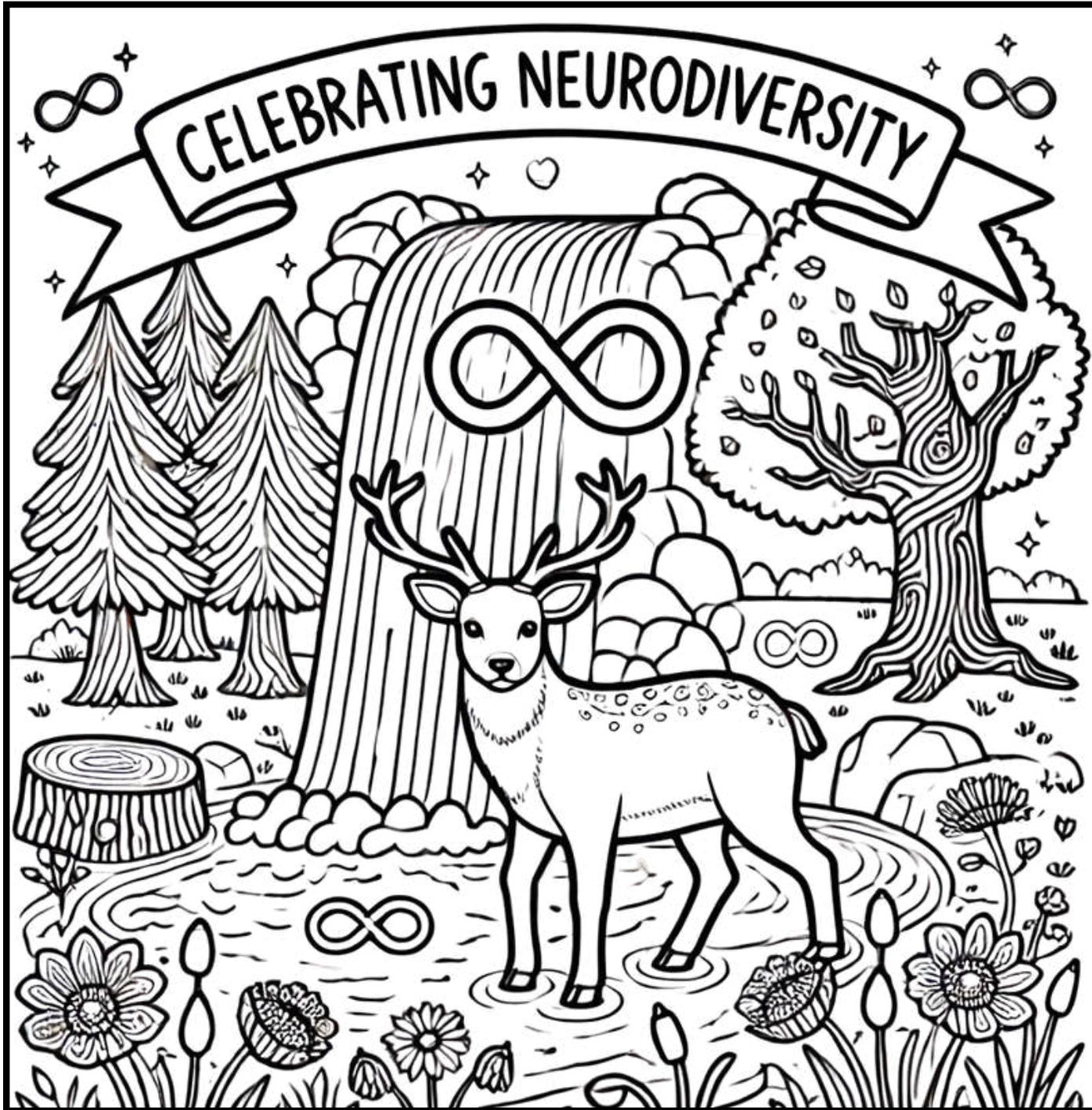
Fill in the blanks:

1. **One thing that makes me special is**

2. **A way I can help everyone feel included is**

3. **I can show kindness to others by**

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Sensory Exploration

Think about your five senses: sight, sound, touch, taste, and smell. Some autistic & neurodiverse people experience these differently.

Answer these questions about yourself:

- What is a sound that you love?
- What texture do you find comforting?
- Is there a smell that makes you happy?
- Do you prefer bright or soft lighting?

This helps us understand that everyone's brain reacts differently to the world around them!

AUTISM & NEURODIVERSITY DIFFERENT NOT LESS



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*Be
patient*

*Are you
Autism
aware?*

*Avoid
sensory
overload*

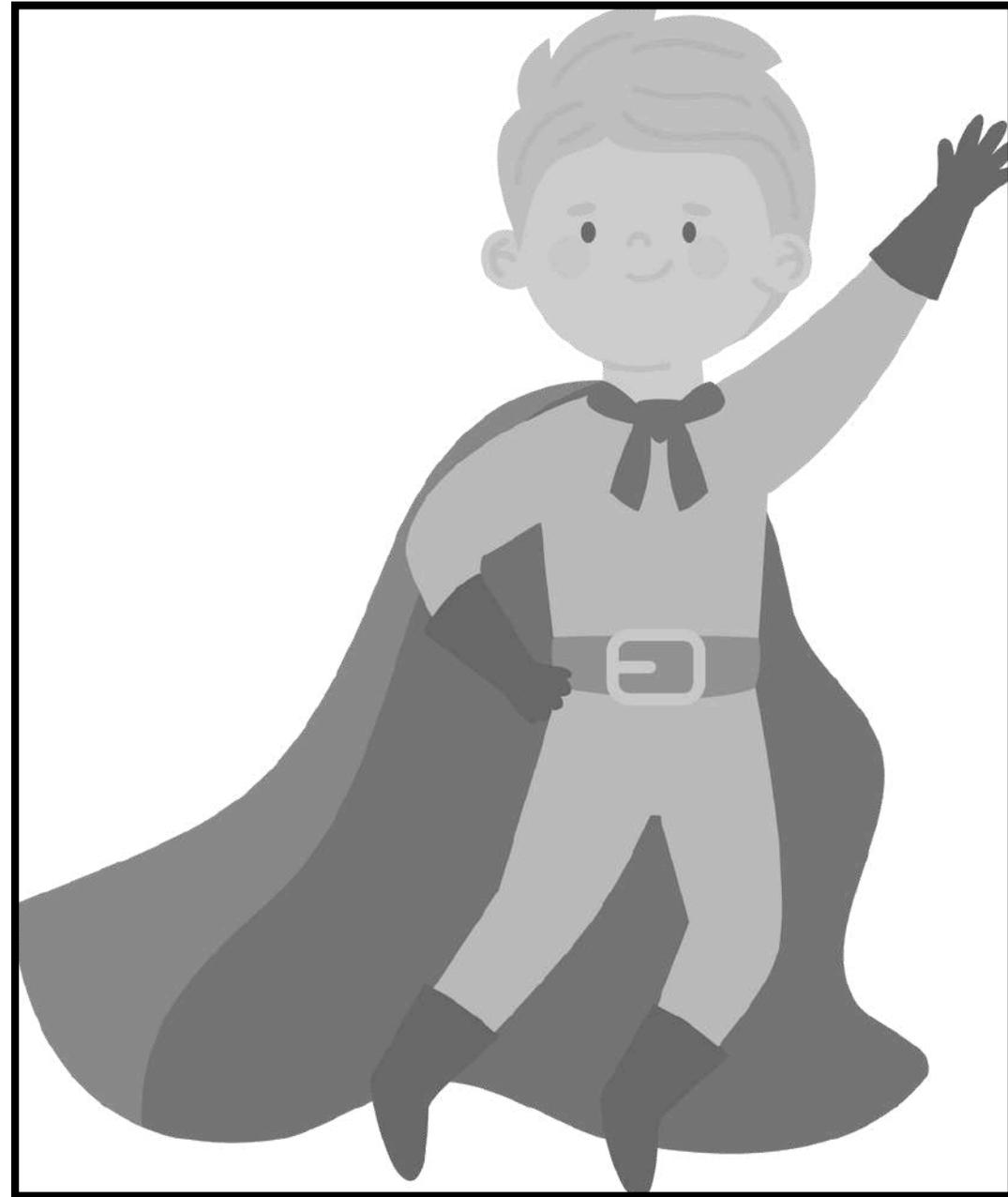
*Use
visuals*

*Respect
communication
differences*

*Be
sensitive*

*Be
kind*

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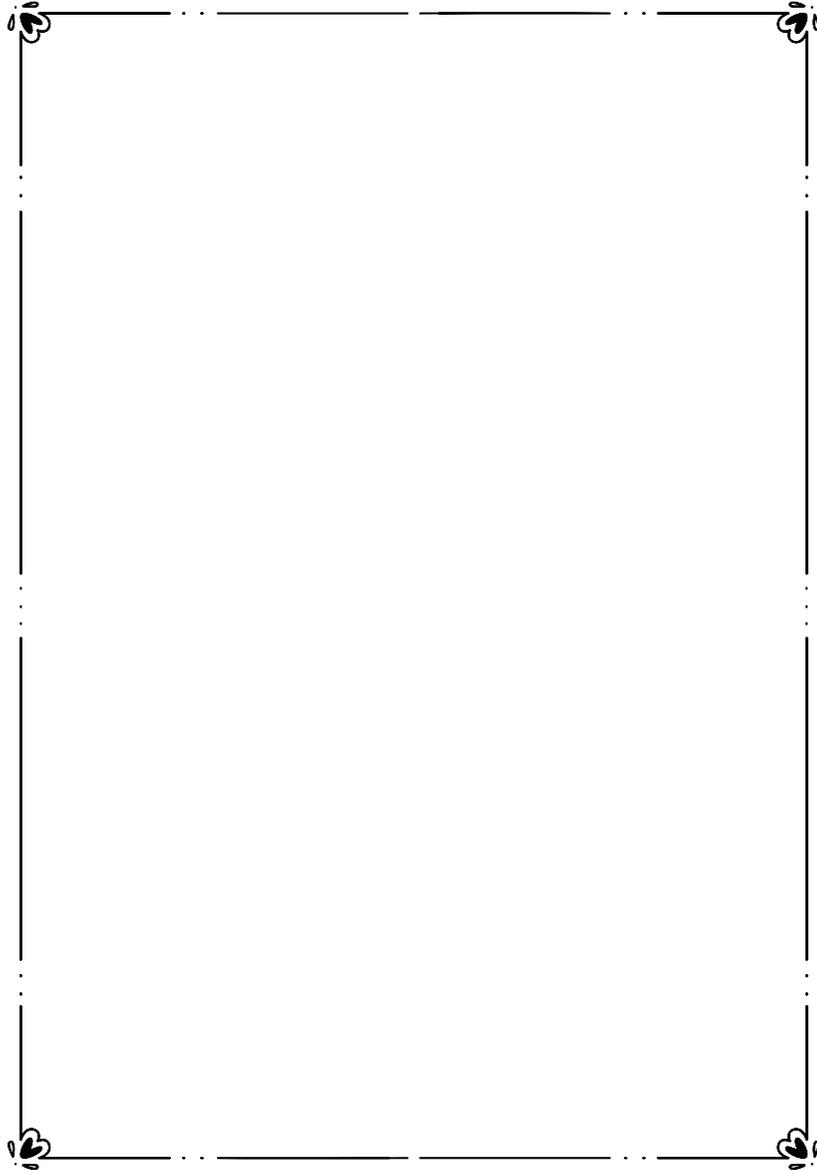


My name is _____.

My superpowers are

Design your own Superhero.

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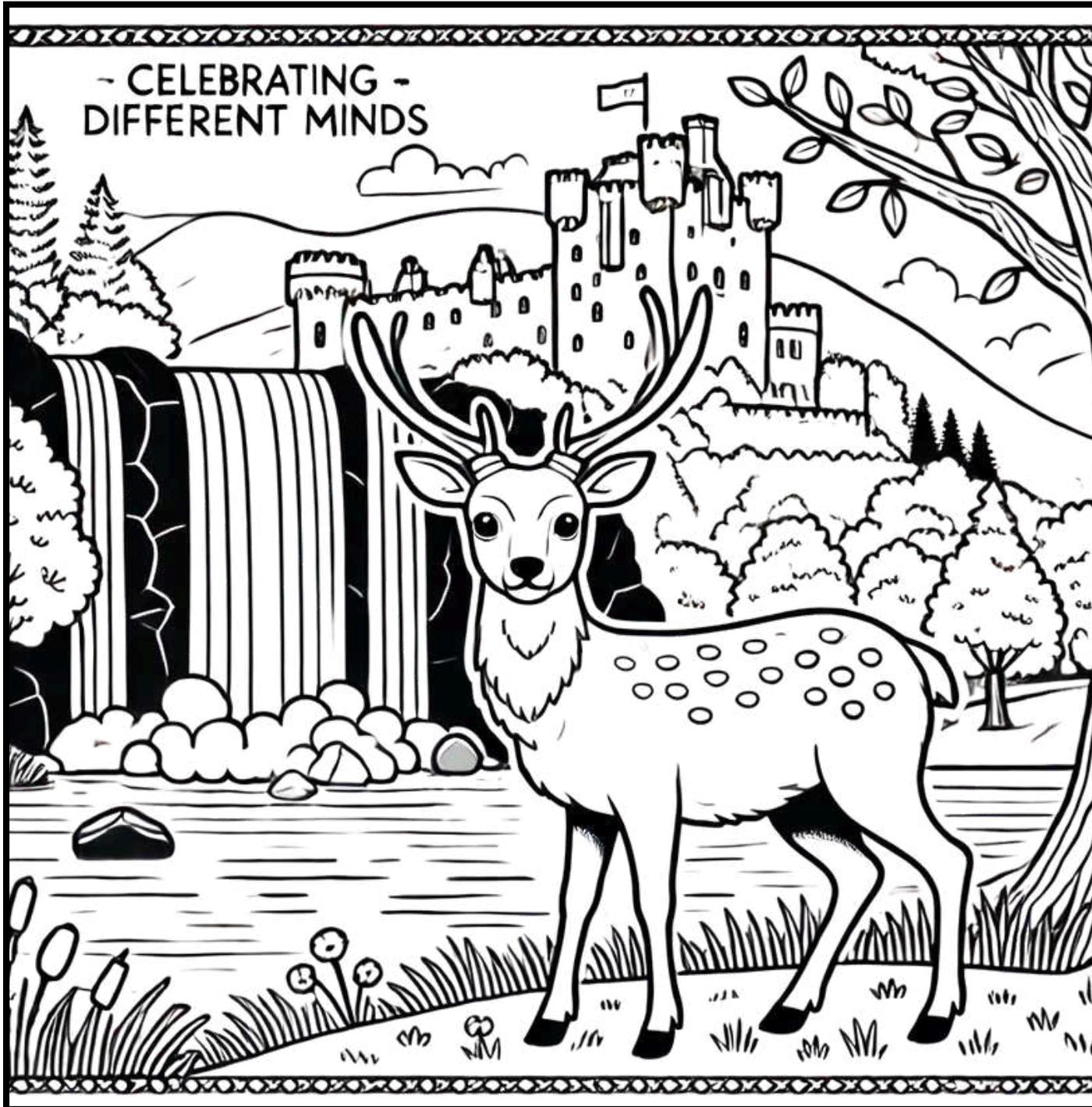


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This poem was written by a 12 year old with Autism.

“Take a seat and sit with me
I want to talk about ASD
If you don't mind I'd like to explain
A little thing called autism and how it affects my brain
It can make me anxious, angry and afraid
But this stays in my head, on my face it's not displayed
I may seem heartless and question your meanings
But it takes me a little longer to process the feelings

Take a seat and sit with me I want to show you ASD
A girl sitting quietly is all you see
But inside my mind I am far from free
My thoughts collide, my senses take over
I become overwhelmed by the smallest sound
Clicking pens, ticking clocks
That boy's chair and the way it rocks

All different smells attacking me
The perfumes, the coffee, the teacher's tea
Take a seat and sit with me
But not too close, I have ASD
I try to be social, I try to fit in
I come across rude, I can never win
I am very literal and straight to the point
If you want the truth I won't disappoint

When my brain is overloaded I sometimes lash out
My control fades, I scream and shout
I get confused and it all spills out
Intense emotions all trapped inside
Finally have nowhere to hide

Take a seat and sit with me I want to tell you about ASD
Please understand I am not to blame
I've just got an atypical brain
But it's not all doom and gloom
I'm often the sportiest girl in the room
I'm quirky, unique, kind and caring
I'm loyal, protective and always sharing
I'm obsessed with frogs and all things green
I'm the youngest trendsetter you've ever seen

Take a seat and sit with me
I am Ava, I am me
I'm not just my label of ASD.”

Powerful Poetry – Ava 12 years old, [www.youtube.com/watch?v=...](#)