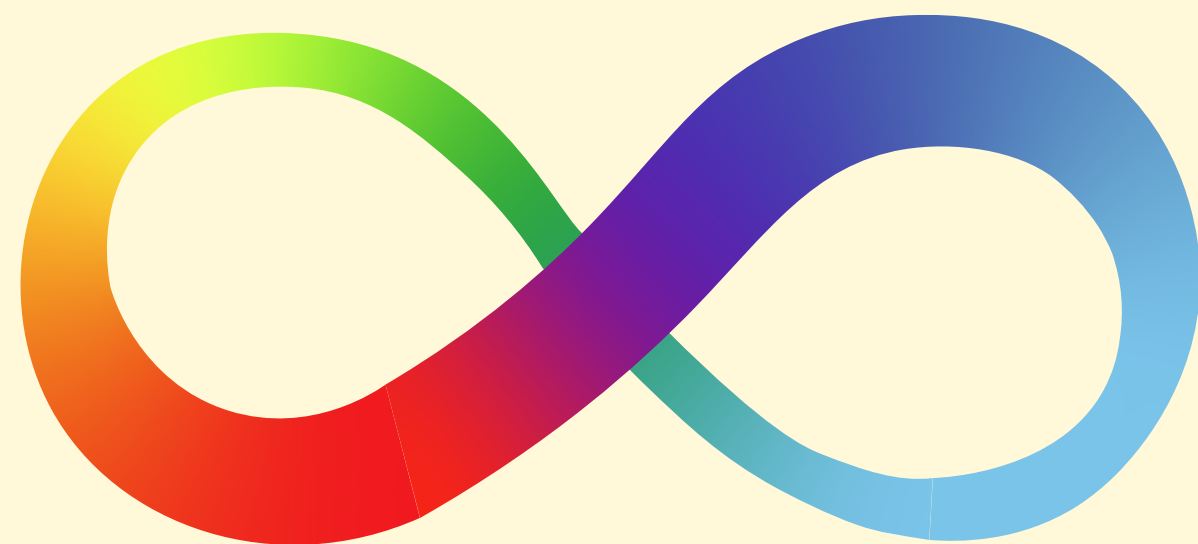
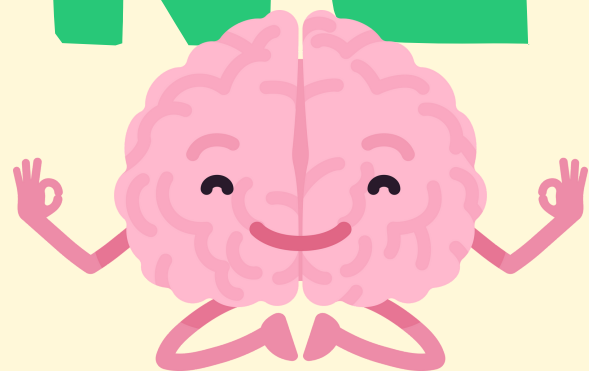




Kids Intro to



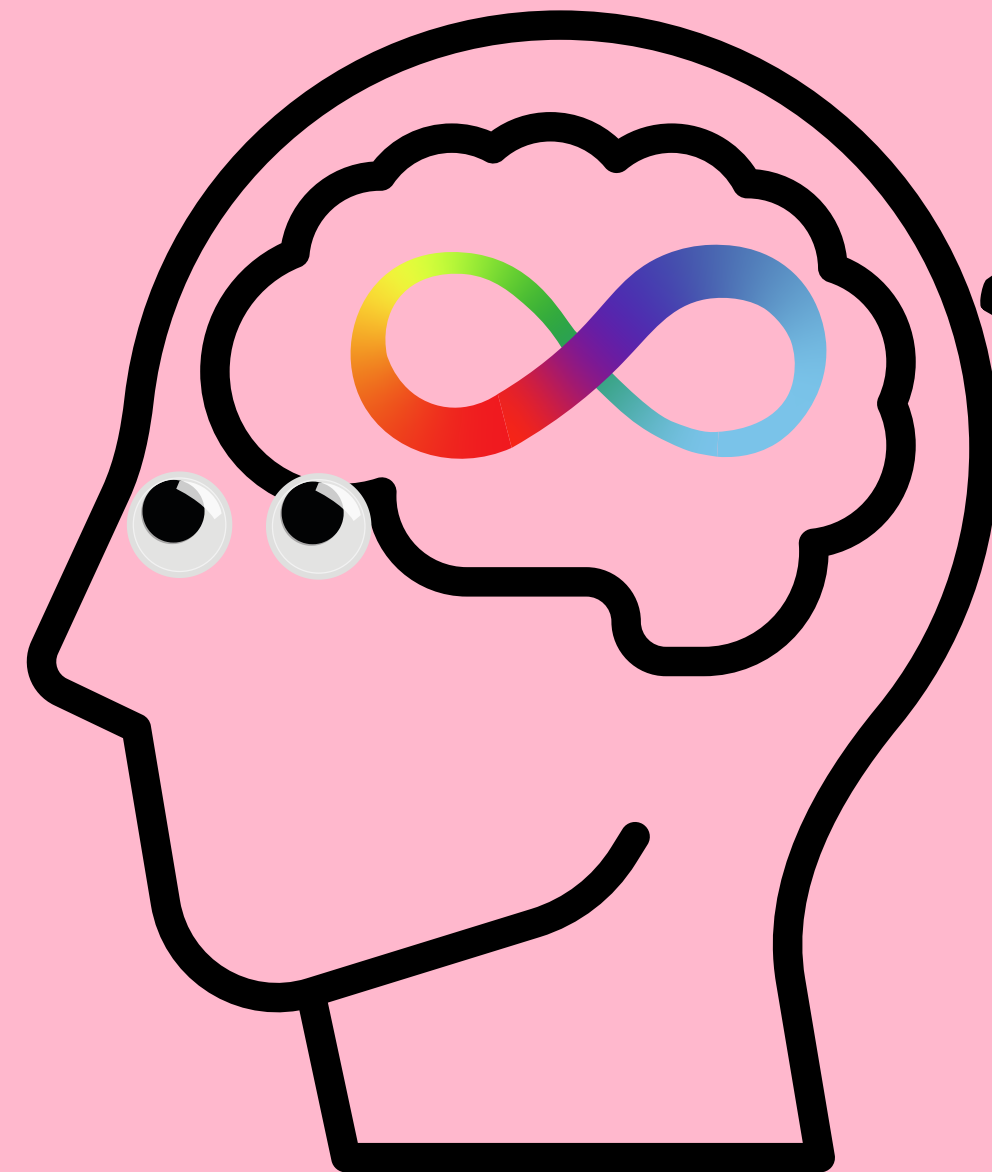
NEURODIVERSITY



What is neurodiversity?

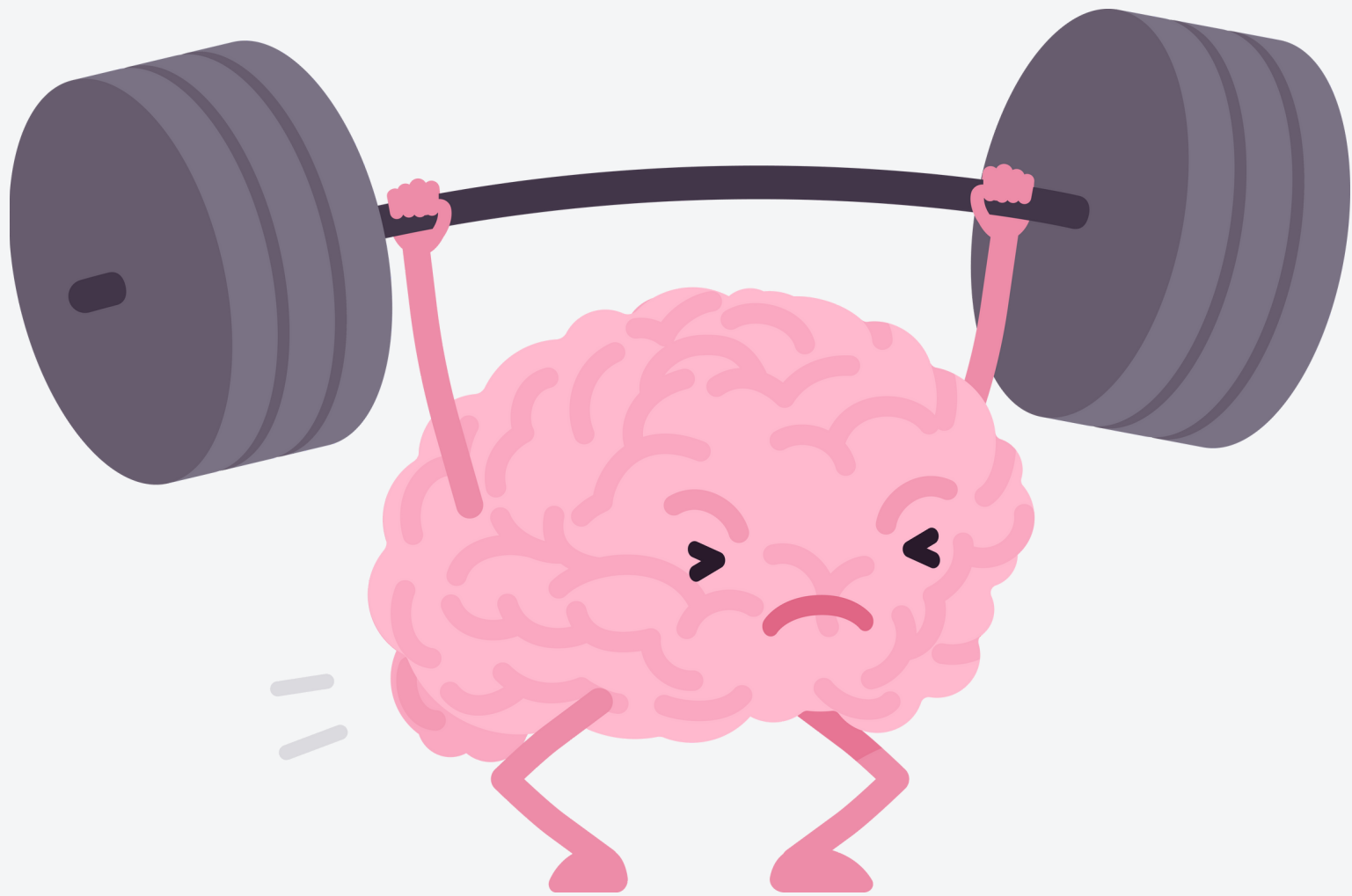
Neuro = has to do with the brain

Diverse = many different types



The rainbow infinity symbol represents the different types of brains there are just like there are so many types of colors!

What is neurodiversity?



Every brain works differently with their own **strengths** and **challenges**.

Some brains may need extra help with learning, remembering, or focusing. Some brains are super good at learning, remembering, or focusing.

An autistic brain or ADHD brain might work differently, but it's not wrong or sick or any less smart. **It just has different needs!**

Neurodiversity can be:

Autism

Anxiety

ADHD

Dyslexia

OCD

Dyscalculia

PTSD

Brain injuries

Tourette's

and more

**Don't know what
some of these
are? You'll learn
about them
throughout this
week!**

Neurodiversity can look like:

Repeating Movement

Maybe rocking, hair twirling, fidgeting, or other movements that help someone calm down.

Different Energy Levels

Having a lot of extra energy or very little energy.

Changes in Focus

Being super focused on a favorite interest or having trouble focusing on work.

Sensory Needs

Think about the five senses! Some people might be extra sensitive to sights, sounds, smells, tastes, and touch.

“Masking”

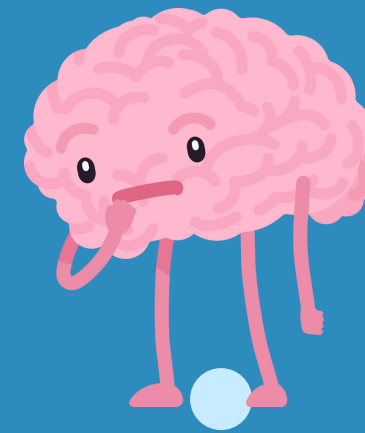
Like wearing a mask, some brains try to hide who they are to fit in or not get in trouble.

Different Ways of Talking

Talking a lot or very little, quoting favorite videos, forgetting to say hi back.

and more!

Be KIND to others.



Be KIND to your brain too!

DO

be patient if someone needs a little time or help. Listening to and accepting your neurodiverse friends for who they are is the way to be kind.

DON'T

make others feel bad because your brains don't need the same things. Saying "weird" or "not normal" isn't nice when you see something new.

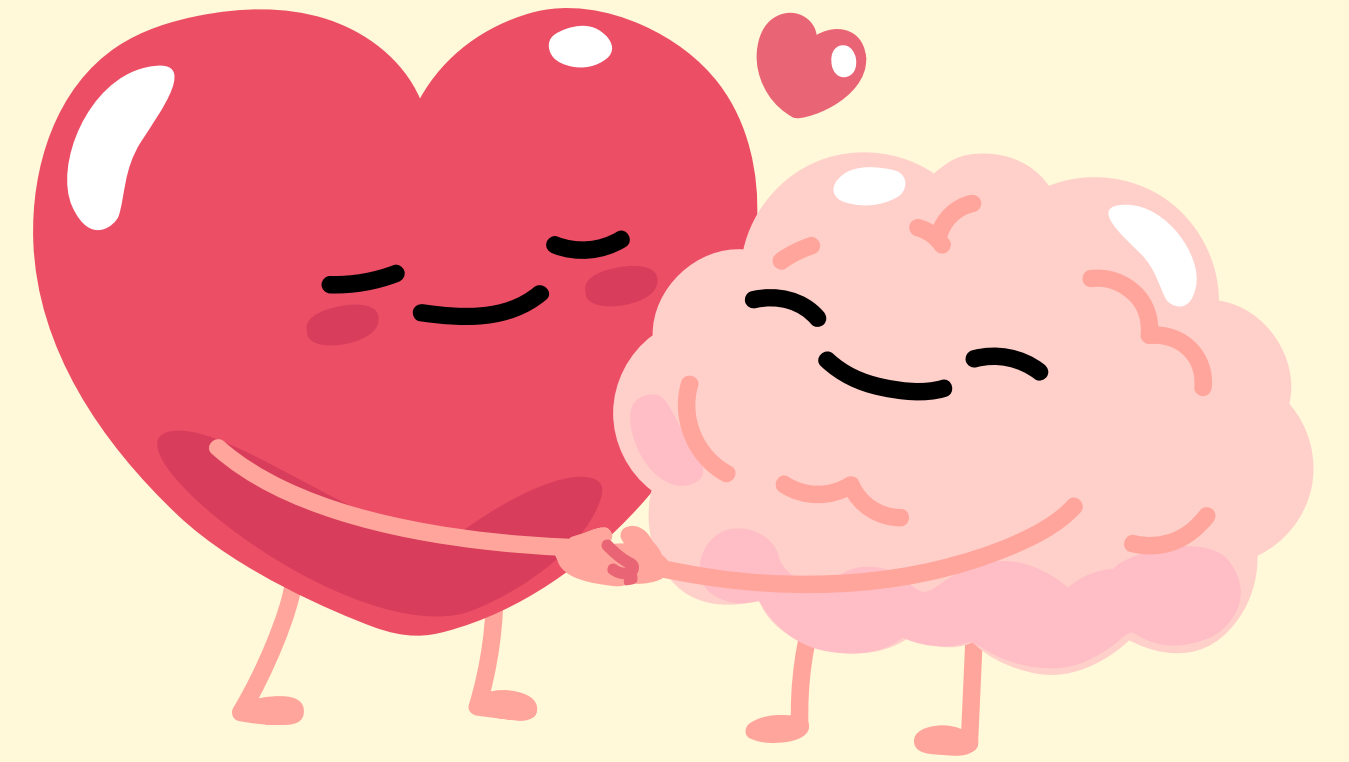
DO

speak up for what your brain needs. Some brains like noise, other brains need quiet! Can you ask to borrow headphones or take a break?

DON'T

feel bad if you need extra support. Some eyes need glasses to be able to see. Brains can need tools too!

More videos and info at:



caslvcadencepto.com/25-26-neurodiversity-week

