

# MY AUTISTIC BRAIN



## AUTISTIC BRAIN

### WHAT IS AUTISM?

Autism is a type of brain that makes you see and experience the world slightly differently. It is a type of brain lots of boys and girls have and there's lots of strengths to being Autistic, and there may also be things you find harder.

It's not better or worse than other types of brains, just unique!

Part of learning you have Autism is learning how to support the things you find harder, and how to use all the amazing strengths you do have!

Learn more about your Autistic brain here



### ABOUT MY AUTISTIC BRAIN:

- I see things literally
- I like things at a slower pace
- I like things organised and structured
- I like routine and doing familiar things
- I think things through carefully
- I like details
- I notice little things that other people don't
- My senses can be very sensitive (sounds, smells, touch, light, and sights)
- Sometimes I feel overwhelmed
- Sometimes it's hard to know what I am feeling
- Sometimes it's hard to understand other people
- Changes can feel hard or uncomfortable
- I may need extra time to process things or broken down into smaller chunks
- I can feel things very deeply
- I am honest, direct and kind



### THE KEY TO HELPING MY AUTISTIC BRAIN:

- Having structure and routines
- Having safe foods that I love
- Creating quiet time to help my body and mind feel calm
- Learning more about my emotions
- Knowing what is inside and outside my window of tolerance
- Knowing how to calm myself
- Making sure I have details and information about what I'm doing or where I'm going
- Following all my special interests
- Wearing clothes that feel good on my body
- Having clear instructions
- Being given extra time when I need it
- Knowing what will happen next
- Having choices where possible
- Being listened to and believed
- Being allowed to take breaks
- Feeling safe, accepted, and understood
- Remembering that I don't need fixing- I need support