

# ADHD AND AUTISM BRAIN



## ADHD BRAIN



## AUTISM BRAIN

### ABOUT MY ADHD BRAIN:

- Likes to go fast
- Get things done quickly
- Struggles to know when to slow down
- It makes me sensitive emotionally and to smell, touch, noise, taste, sight.
- It makes me very creative- always coming up with new ideas!
- I think outside the box
- I solve problems quicker
- Sometimes being so fast means I have too many thoughts
- Sometimes I skid because if I am going too fast it's hard to slow down
- Makes me quick to react



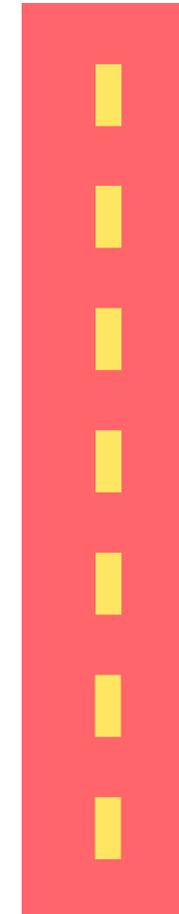
### THE KEY TO HELPING MY ADHD BRAIN:

- Going fast safely is the KEY!
- Pacing myself so I don't crash- avoid being too busy and have down time!
- Have different things that calm me when I need it
- Do things I LOVE!
- Know what is inside and outside my window of tolerance
- Wear clothes that feel good!
- Have fun ways to go fast and burn energy!



### ABOUT MY AUTISTIC BRAIN:

- Likes things slower
- It likes things organised and structured
- Sometimes I get overwhelmed
- Thinks things through
- Likes details
- Notices little things other people don't
- Sensitive emotionally and to smell, touch, noise, sight.
- Likes the same things and routine
- Sometimes makes me unsure what I am feeling
- Sometimes makes it hard to understand other people



### THE KEY TO HELPING MY AUTISTIC BRAIN:

- Have structure and routines
- Have safe foods I love!
- Create quiet time to help my body and mind feel calm
- Learn more about my emotions
- Know what is inside and outside my window of tolerance
- Know how to calm myself
- Make sure I have details and information for anything I am doing or anywhere I am going
- Follow all my special interests!
- Wear clothes that feel good!