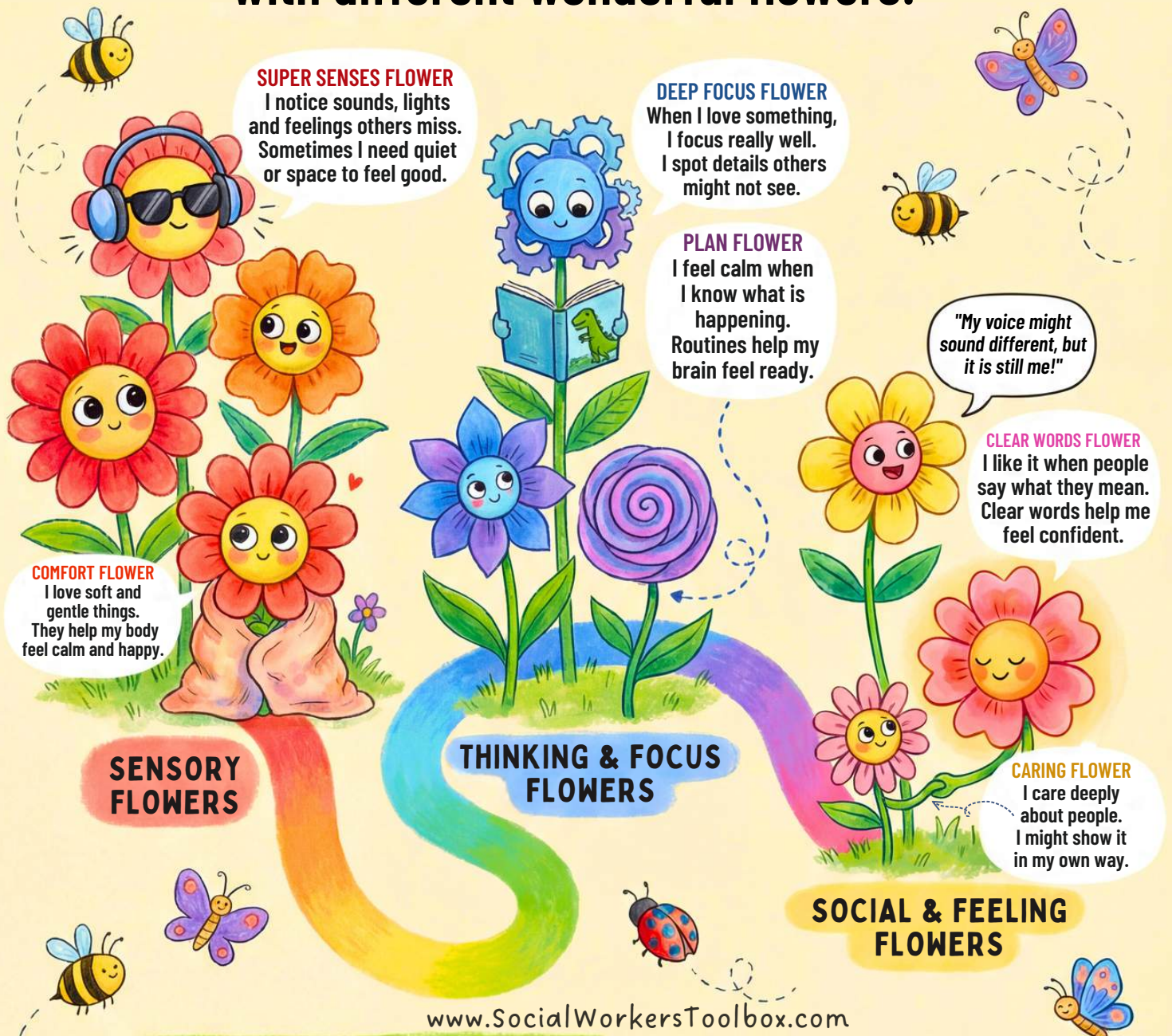


OUR AMAZING BRAIN GARDEN!

UNDERSTANDING THE AUTISM SPECTRUM

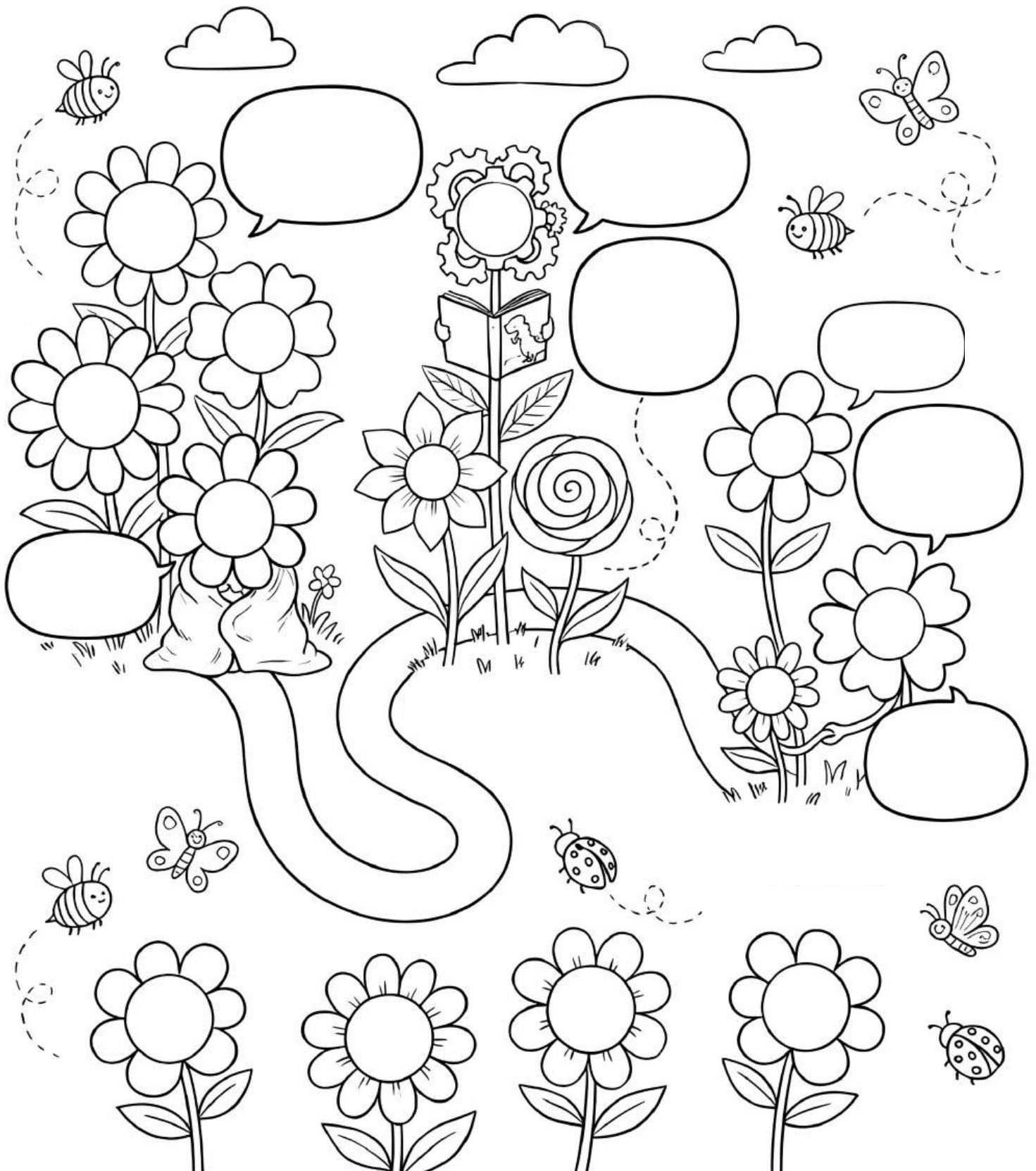
Everyone's brain is like a unique garden with different wonderful flowers!



AUTISM IS A SPECTRUM = A WHOLE GARDEN OF DIFFERENT, WONDERFUL BRAINS!
EVERY FLOWER IS BEAUTIFUL AND NEEDED!

MY BRAIN GARDEN

Draw your brain garden - decorate the flowers
and add your amazing brain powers.



My Brain Garden



Everyone's brain is different. My brain has its own way of noticing, feeling, and learning. These flowers show some things about me. They help explain what I need and what helps me feel my best. You can look at the flowers with me and learn more about me.

SUPER SENSES FLOWER

I notice lots of things around me.
Some sounds feel loud.
Some lights feel bright.
Some touches do not feel nice.



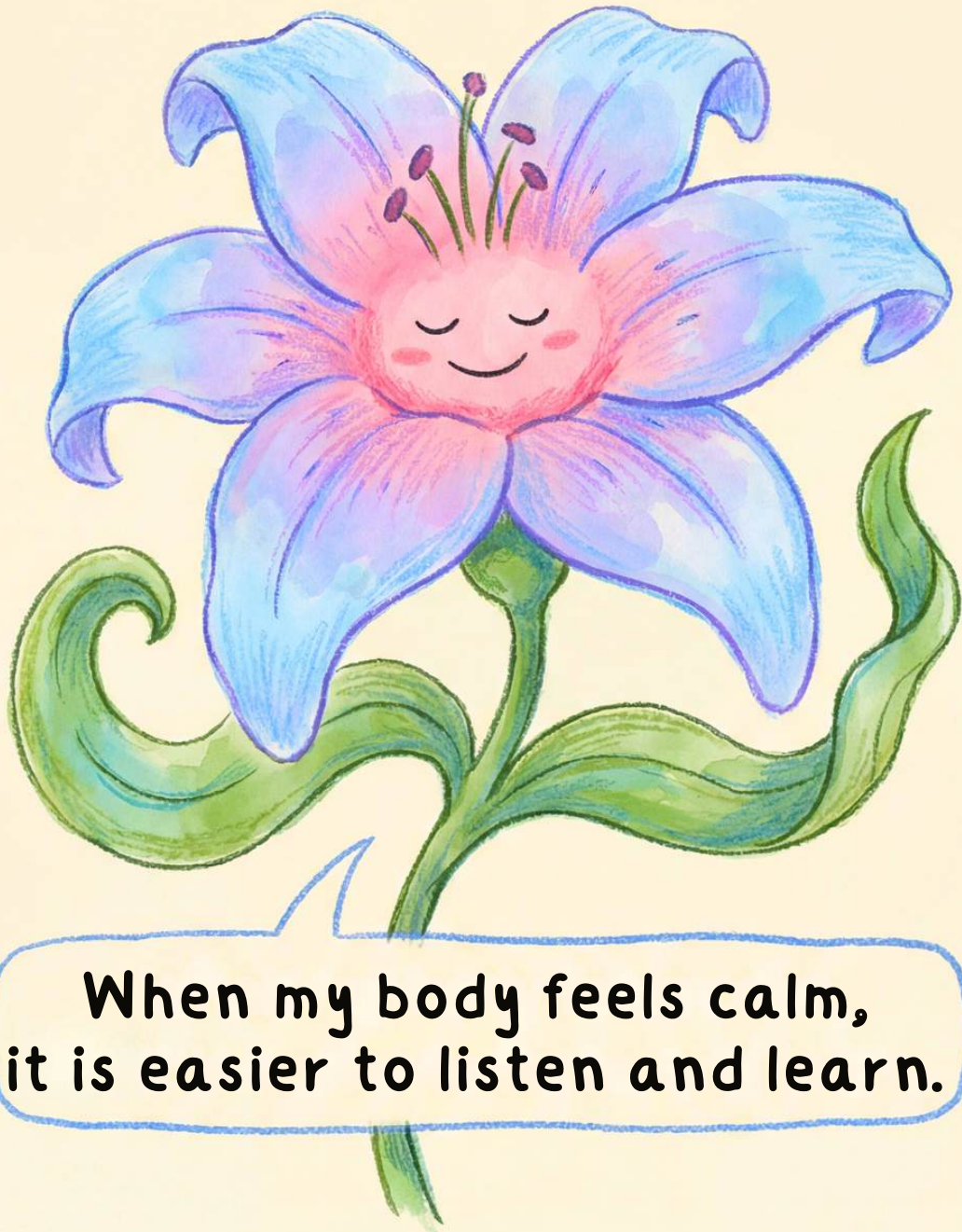
When this happens, I might cover my ears or need some quiet time.



Quiet spaces help me feel better.

CALM BODY FLOWER

Sometimes my body feels busy.
It can be hard to sit still.
Things like cuddles, a blanket, or
moving around help me calm down.



When my body feels calm,
it is easier to listen and learn.

FAVOURITE THINGS FLOWER

There are things I really love.
I like talking about them and learning
more. I can remember lots of details
and think about them for a long time.



KNOWING WHAT COMES NEXT FLOWER

I feel better when I know the plan.
It helps my brain feel calm.
Changes can feel hard if they
happen suddenly.



Knowing what is coming next
helps me do my best.

BIG FEELINGS FLOWER

I feel my feelings strongly.
Happy, worried, or excited feelings
can feel very big.
Sometimes I need time or space
to help my feelings calm down.



CLEAR WORDS FLOWER

I understand best when people use clear words. I like it when people say what they mean. Long explanations or jokes can be confusing.



Clear words help me know what to do.

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