



Exploring neurodivergent brains

Neurodivergent brains have amazing strengths! Exploring a new diagnosis can feel overwhelming and historically has often focused on the challenges experienced. This 100 card set is designed to support positive conversations about neurodiversity and to help people explore both their individual strengths, and those areas they may need support.

Suitable for use by occupational therapists, psychologists, other allied health professionals and educators, these cards can help people of all ages to understand themselves and their brain, identify their support needs, and support their self-advocacy efforts. Includes blank cards for people to add their own strengths and challenges.

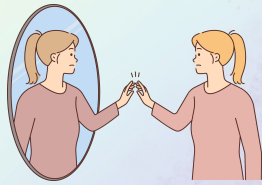
Believe and Become, through the REACH UP initiative, is proudly delivering projects for the Peer Support and Capacity Building (PSCB) grant for the NDIS, including this free resource.



Being authentic



Being myself



Liking myself



Understanding myself



Managing my energy



Managing my stress



Passionate about my interests



Accepting of challenges





Advocating for myself



 Believe and Become



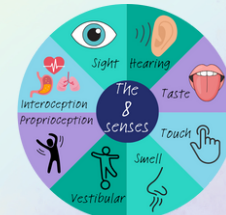
Asking for help



 Believe and Become



Managing sensory needs



 Believe and Become



Understanding and managing emotions



 Believe and Become



Talking about feelings



 Believe and Become



Understanding others' emotions



 Believe and Become



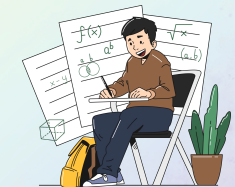
Thinking deeply



 Believe and Become



Seeing patterns



 Believe and Become



Seeing the
big picture



Seeing
details



Being
spontaneous



Being
impulsive



Following
routines



Letting
things go



Being in
control



Taking risks





Being flexible



Trying new things



Enjoying new things



Being on my own



Being caring



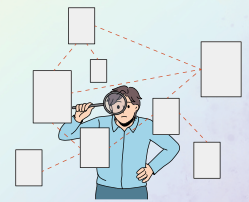
Following rules



Learning new things



Researching information





Learning
independently



Learning
through
pictures



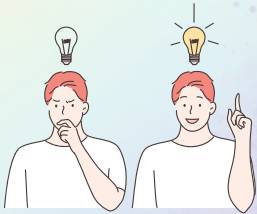
Learning
through
words



Learning
through doing



Thinking for
myself



Being
confident in
myself



Communicating
with others

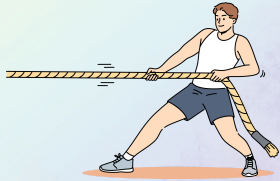


Being a good
friend





Persisting
with hard
things



Being fair
and just



Coping with
change



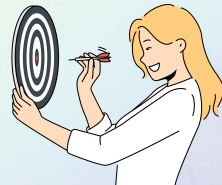
Questioning
right and
wrong



Trying my
best



Achieving
my goals



Negotiating
with others



Making
friends





Meeting new people



Getting along with others



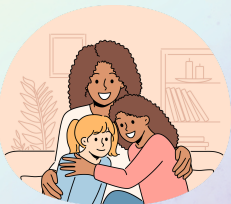
Solving conflicts



Being around adults



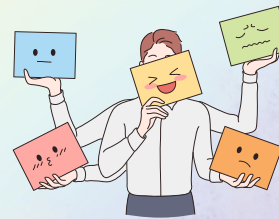
Being around children



Being around animals



Understanding others



Understanding social cues





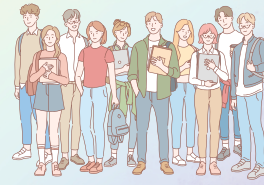
Trusting others



Working in groups



Being in crowds



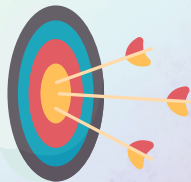
Being attentive to others



Managing in social settings



Understanding and meeting expectations



Reflecting on feedback



Dealing with authority





Making
people laugh



Accepting
difference



Talking with
others



Being
empathetic



Leading
others



Being Kind



Being
thoughtful



Being honest





Being logical



Being brave



Being creative



Being determined



Imagining



Being curious



Focusing on tasks



Remembering things





Staying
organised



Being
motivated



Bouncing
back from
challenges



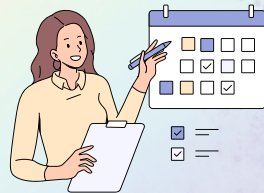
Managing my
time



Paying
attention



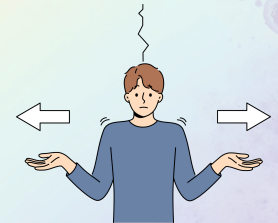
Planning



Prioritising

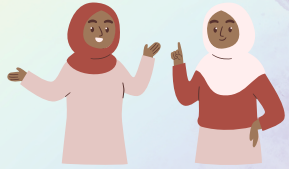


Making
decisions





Sticking to
the point



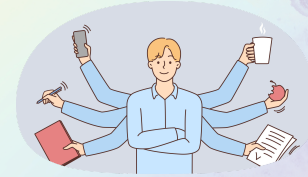
Following
instructions



Organising
my ideas



Moving
between tasks



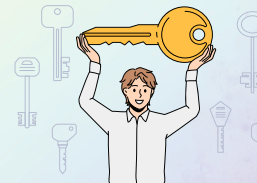
Getting
started



Finishing
things



Solving
problems



Accepting and
learning from
mistakes





Understanding boundaries



 Believe and Become



Managing frustrations



 Believe and Become



Overcoming barriers



 Believe and Become



Being innovative



 Believe and Become



 Believe and Become



 Believe and Become



 Believe and Become



 Believe and Become