



Neurodiversity Celebration Week

Welcome to our free, self-guided pack celebrating neurodiversity celebration week.

Inside this pack, you'll find a mix of information, reflections, and activities designed to build understanding and celebrate neurodivergent strengths. The pack includes:

- Understanding neurodiversity
- Celebrating neurodivergent strengths
- Did you know? facts about neurodiversity
- Helpful resources and support
- Ways to support neurodivergent people
- Myths and facts about neurodiversity

All content is neuro-affirming, strengths-based, and designed to be inclusive and accessible.



How to use this pack

There is no “right” way to use this pack. It’s not a programme to complete or a checklist to finish. Instead, think of it as a collection of activities and ideas to explore in whatever way feels helpful.

You can dip in and out of the pages, choose the activities that feel most interesting, and revisit them whenever you like. Some activities may become favourites that you return to more than once.

Everyone takes part in different ways. Children and young people might enjoy writing, drawing, talking about the questions, or simply reflecting quietly.

This pack is designed to celebrate different ways of thinking, highlight individual strengths, and encourage understanding of neurodiversity.

Feel free to adapt the activities to suit the child or young person you are supporting.

Understanding neurodiversity



Neurodiversity is the idea that people's brains work in many different ways. These differences affect how people think, learn, process information, communicate, and experience the world.



Rather than seeing these differences as problems that need to be "fixed," neurodiversity recognises them as natural variations of the human brain.

Some common types of neurodivergence include:

- Autism Spectrum Disorder (ASD)
- Attention-Deficit/Hyperactivity Disorder (ADHD)
- Dyslexia
- Dyspraxia
- Dyscalculia
- Tourette Syndrome

Understanding neurodiversity helps us create more inclusive environments where everyone feels supported and able to thrive.

Think about it: Why is it important to celebrate different ways of thinking?



Celebrating neurodivergent strengths

Take a moment to think about your strengths. Everyone thinks, learns and experiences the world differently, and these differences give us unique strengths.

Fill in your strengths below:

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 Examples of strengths might include creativity, problem-solving, attention to detail, curiosity, empathy, or determination.

Key message: Different brains bring different strengths to the world.



Myth or fact

Read each statement and decide if it is a myth or a fact.

Tick your answer.

1, Everyone's brain works in exactly the same way.

myth fact

2, Dyslexia only affects reading.

myth fact

3, People with ADHD can sometimes focus very strongly on things they enjoy.

myth fact

4, Neurodivergent people can have unique strengths and talents.

myth fact

5, People think, learn and experience the world in different ways.

myth fact

Answers

1.Myth 2.Myth 3.Fact 4.Fact 5.Fact



Did you know?

Environments that are inclusive of neurodivergent people often benefit everyone, such as clear communication and flexible ways of working.

Around 1 in 7 people in the UK are neurodivergent

The term “neurodiversity” was first used in the 1990s to recognise neurological differences as part of natural human diversity.

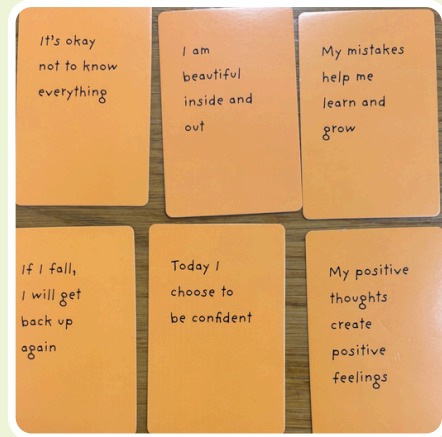
Around 15-20% of all the people living in the world are thought to have a neuro-difference. No two people will be affected in the same way.

Resources

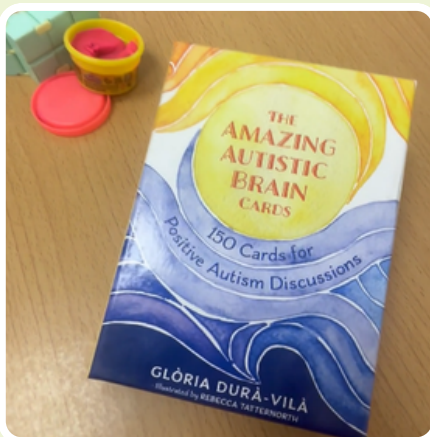
Cards against anxiety



Confidence and affirmation cards



The amazing autistic brain cards



The 'how do I feel wheel'



Little tin of transition worries

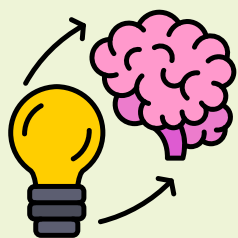


Helping teenagers talk about their lives



How can we support neurodiversity?

Everyone is different. Some small changes can help make spaces feel more comfortable, supportive and inclusive for everyone.



Think about what might help people feel included at school, at home or in other spaces.

Examples:

- ✓ Give clear instructions
- ✓ Provide quiet spaces
- ✓ Be patient with communication styles
- ✓ Celebrate different strengths

Draw or write your ideas below