

# Creatively Celebrating Neurodivergence

## Self Discovery Task

### Aim:

- To identify positive character traits and look in detail at characteristics that are sometimes associated with being neurodivergent in some way (such as ADHD/Autism etc) and whether you identify with any of those traits or characteristics.
- To identify words that you love about yourself and positively reframe any negative words that you may use to describe yourself/or words that others have used to describe you.

### Task Outline:

- \* Have a chat with a friend or adult and think about how you would describe yourself and what you like about being your neurotype. For example, you may enjoy the fact that your Autistic brain allows you to hyperfocus and learn all about something new relatively quickly.
- \* Have a look at some of the characteristics that are sometimes associated with a neurodivergent brain type. Do you feel you can identify with any of those words? We are all different, even if we have the same neurotype, so you may not identify with some of them – and that's okay! There may be some words that you have never heard of and want to learn more about. Cut out the words that you most identify with.
- \* Sometimes, if things have been tough for us, or we have been misunderstood in our lives, there are words we may use to describe ourselves, or that others have used to describe us, that may make us feel like it is a negative characteristic. Can we look at the word differently and positively reframe it? Have a look at the Positive Reframe word bank to get some ideas and cut out any words that describe you.
- \* Look at the words you have collected, do you have one stand out favourite that you love about being neurodivergent, or do you have a few? Do you have any additional words that you can think of that you love about yourself? Use them as the basis for your creative art work.

# Neurodivergent Characteristics Word Bank

Assertive

Integrity

Deep thinker

Resilient

Adventurous

Curious

Persistent

Courageous

Intuitive

Independent

Innovative

Sensitive

Funny

Enthusiastic

Charismatic

Energetic

Creative

Hyperphantasia

Hyper focus

Loyal

Strategic

Determined

Empathetic

Problem Solver

# Positive Re-Frame

Re-framing something is looking at something from a different angle or viewpoint. Sometimes we may consider some of our characteristics to be negative, but can we reframe our thinking around them?

**Stubborn**



**Determined**

**Picky/Fussy**



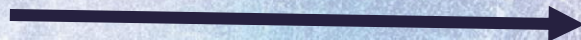
**Detail  
orientated**

**Too sensitive**



**Empathetic**

**Impulsive**



**Decisive**

**Overthinker**



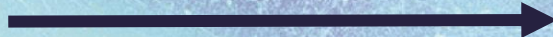
**Analytical**

**Shy**



**Reflective**

**Inflexible**



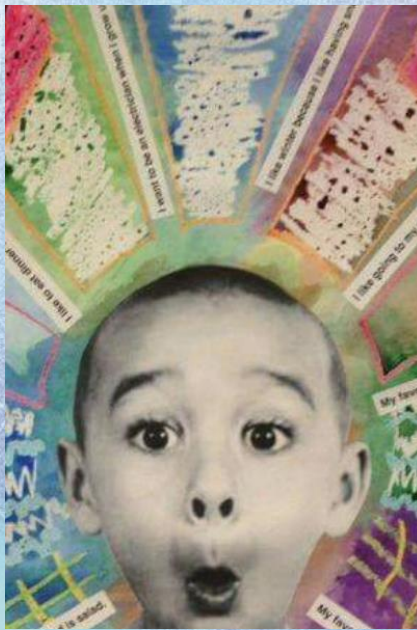
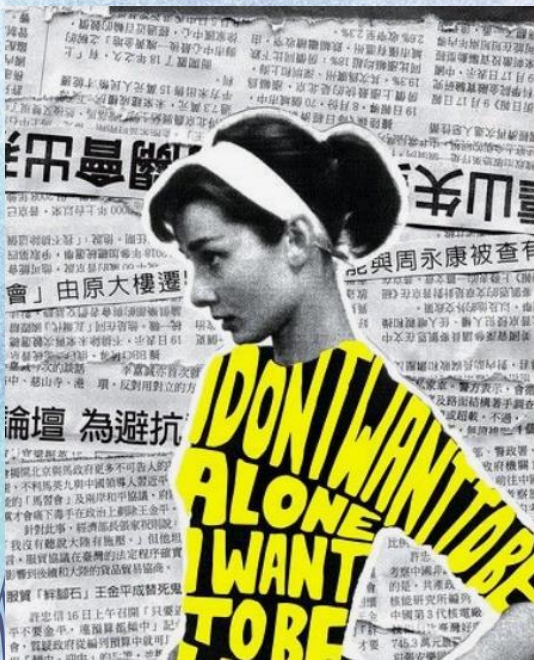
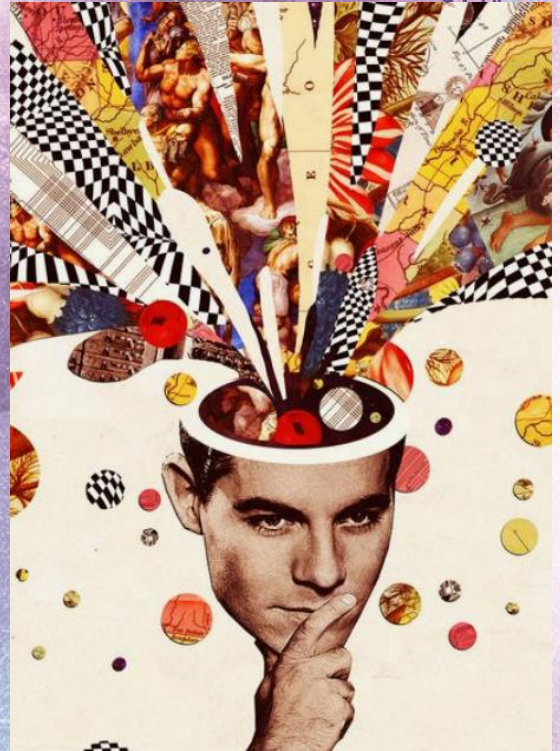
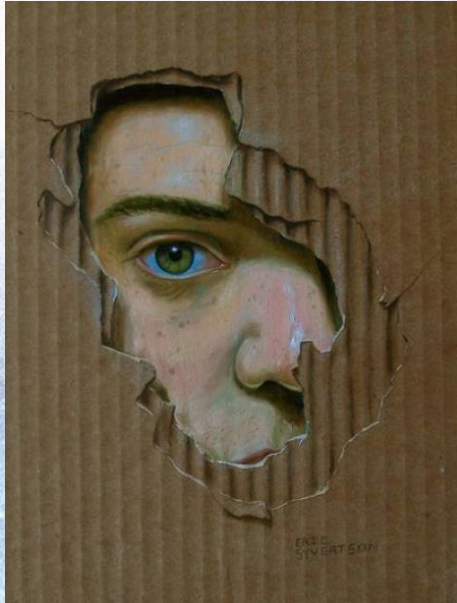
**Determined/  
Know own mind**

**Obsessive**



**Highly  
focussed**

You may want to use these ideas we found on Pinterest to get you started or look for your own?



**You may want to use these ideas we found on Pinterest to get you started or look for your own?**



**How have they used text?  
Used a part of their physical self?**

