

Empowering Neurodivergent Minds

A conversation script to help children understand their uniquely wired brain.



Dear Parent,

The following script is designed to help you talk to your child about their unique brain using empowering, positive, and validating language. Feel free to make changes or adapt the language to fit your child and their unique profile.

For additional information and instruction for using this worksheet or to contact me directly, please visit www.ExplainingBrains.com/Parents.

Best wishes to you and your amazing child!

Liz Angoff, PhD



Let's Talk About Your Amazing Brain!

Part 1: Introduction

You know how you were saying [fill in your child's concern below]

_____?

I learned some things that may help us understand why that's been so tricky. Can I share with you what I learned?

Part 2: Your Brain is Under Construction

Your brain has many different parts, all working together to help you learn and do what you want to do. Your brain works by sending messages from one part to another using special cells called "neurons." Neurons connect to each other, making pathways in our brains, like billions of tiny roads.

Part 3: Highways

There are some things your brain makes easy for you to do. You can think of these as your brain's highways, where the messages travel at super fast speeds.

Can you think of some things that are highways for you? [Write your child's answer below.]

Here are a few I thought of:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Part 4: Construction Projects

There are also some things that are more challenging for your brain. You can think of these as your construction projects. These are the skills that your brain is building.

Can you think of some things that your brain is working on? [Write your child's answer below.]

Here are a few I thought of:

☐ _____

☐ _____

☐ _____

Part 5: What This Means for You

It turns out, you're not alone! Lots of people have highways and construction projects just like yours. In fact, it's so common we have a name for it. It's called [fill in your child's primary diagnosis below, or you can use the word "neurodiversity."]

_____.

For you, _____ means your brain was built in a way that makes
[your diagnosis/neurodiversity]

_____ come easily and
[write in 1-3 highways]

_____ more difficult.
[write in 1 construction project]

Part 6: Tool and Construction Crew

Now that we know more about your brain, we can work together to build on your highways and help you with your construction projects so you can do what you want to do and go where you want to go!

Here are some tools and strategies that may be helpful to you, and the people - your construction crew - who will be supporting you along the way:

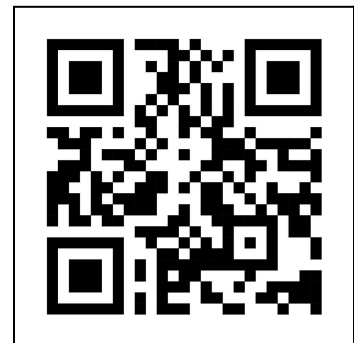
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Part 7: Videos and Visuals

Many well-known and influential people *credit* their success to their neurodivergence. That means that they couldn't have done what they've done without having a different kind of brain - just like you. Here are a few examples of others who think and process things differently.

(Scan the code below for a spreadsheet of visuals, videos, and books about different types of neurodivergence, or visit www.ExplainingBrains.com/Visuals-For-Kids.)

- ☐ _____
- ☐ _____
- ☐ _____



Thanks for talking to me about your amazing brain! Do you have any questions? I'll do my best to answer them, or we can write them down and ask someone on your construction crew. 😊