

No Brain Is The Same – Additional Resources Toolkit

Welcome

Welcome to the No Brain Is The Same Additional Resources Toolkit for Schools and Parents. This toolkit provides curated guides, templates, and quick-start supports to help educators and families foster understanding, inclusion, and empathy for all kinds of brains—neurodivergent and neurotypical alike. You can use these materials as stand-alone tools or as companions to the Experience No Brain Is The Same fair and assemblies.

Quick Start for Educators

Five things you can try tomorrow to support neurodiverse learners:

1. Build predictable routines to reduce anxiety and cognitive load.
2. Offer flexible seating or fidgets to support sensory needs.
3. Provide visual instructions along with verbal directions.
4. Normalize breaks and movement for self-regulation.
5. Use strengths-first language—describe what students CAN do.

Quick Start for Parents

Five ways to help your child thrive and partner effectively with schools:

1. Keep a communication log with teachers.
2. Create consistent home routines that mirror classroom strategies.
3. Encourage self-advocacy—let your child share what helps their brain.
4. Focus on effort and strategies, not just outcomes.
5. Connect with other families to share support and ideas.

About My Brain Worksheet

Use this page to help students express how their brains work best:

- My strengths are: _____
- Things that make learning easier for me: _____
- Things that make learning harder for me: _____
- Here's how teachers and friends can help: _____

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Teacher Quick Reference Sheets

These short, research-informed guides outline quick supports for common learning differences.

- ADHD: Chunk tasks, provide movement breaks, use timers visibly.
- Autism: Offer clear expectations, minimize sensory overload, preview transitions.
- Dyslexia: Allow extra time, use audiobooks, avoid penalizing spelling errors in early drafts.
- Sensory Differences: Provide sensory tools, use calm corners, avoid harsh lighting.
- Anxiety: Use calm tone, teach grounding techniques, provide reassurance through consistency.

Recommended Reading, Podcasts & Tools

Click the links below for more information:

Megg Thompson Behavior <https://meggthompson.com/>

Child Mind Institute – How Schools Can Support Neurodiverse Students — <https://childmind.org/article/how-schools-can-support-neurodiverse-students/>

BrainLine Resource Directory — <https://www.brainline.org/resource-directory/national>

Raising Children – Neurodiversity Guide for Families — <https://raisingchildren.net.au/guides/a-z-health-reference/neurodiversity-neurodivergence-guide-for-families>

CBIRT Transition Toolkit for Students with TBI — https://cbirt.org/sites/cbirt.org/files/resources/Transition_Toolkit_October_2012.pdf

National & State Resource Directory

Explore these trusted organizations and resources:

- National Association of School Psychologists – <https://www.nasponline.org>
- Learning Disabilities Association of America – <https://ldaamerica.org>
- Autism Society – <https://autismsociety.org>
- Understood.org – <https://www.understood.org>

Acknowledgments

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We thank all educators and families who make empathy part of every classroom.

Every brain learns differently. Every brain deserves a chance to shine.