



Access *Embracing Our Brains: Supporting Neurodiverse Youth* Online

[Watch video here](#)

Featured in *Embracing Our Brains: Supporting Neurodiverse Youth*

[Autism & UD Training](#) (presented by Project REACH)

[Comparing the writing skills of autistic and nonautistic university students](#)

[Supporting Young Writers with Learning Disabilities](#) (presented by Emily Baskin)

More Recommended Reading & Viewing

Tools for Teaching

Start Here:

[Neurodiversity: What You Need to Know](#): A basic definition of neurodiversity and some background about where the phrase comes from.

[About Universal Design for Learning \(UDL\)](#): UDL is a practice in teaching that makes learning accessible to anyone who may enter the space, regardless of ability or circumstance. Whether you're leading an activity in Write After School or building a workshop curriculum, this may help in creating a more inclusive learning environment.

[Positive Behavior Support](#): Students sometimes exhibit challenging behaviors—and let's be honest, 2020 was a challenging year—and we have to support them through it. Here is a helpful slideshow on how to handle behaviors (mostly in the classroom) and why students may act out when we least expect it.

[EASE at home](#): Everyday Arts for Special Education (or EASE) created this resources for at-home learning for neurodiverse learners, but anyone can enjoy them! We want to highlight the Calming & Sensory Activities, Energizing & Physical Activities, and the Focusing Activities.

[EASE At a Glance: Activity Handbook](#): EASE also put descriptions of all of their at-home learning activities into a handbook for parents and educators to utilize whenever they need!

[Teaching Strategies for Students with ASD](#): Here are some tips to help create a more supportive learning environment for students who may be on the autism spectrum.

[Teaching Strategies for Students with ADHD: Ideas to Help Every Child Shine](#): Here are some tips to help create a more supportive learning environment for students who may have ADHD.

[6 Ways to Build Better Relationships with Youth](#): The Family & Youth Institute put together this video of tips to help build relationships with students you may be working with. Whether these students are neuroatypical or not, this video may be helpful if you're a new or returning volunteer that isn't quite sure where to start the conversation during a session.

Empowerment & Advocacy

Start Here:

[Can't Get Anything Done? Why ADHD Brains Become Paralyzed in Quarantine](#): We've all struggled this year with being stuck at home—but children and adults with ADHD may be having a harder time than you'd expect. Here are some tips on how you can support those in your life who are struggling in quarantine—and there may be some helpful ideas for yourself as well!

[What Is ADHD?](#): We've learned a lot about ADHD—which was formerly split into two categories (ADD & ADHD)—in the last few years. Read this article as a refresher and you may learn something new!

[Embrace ASD](#): co-founders Dr. Natalie Engelbrecht & Silvertant put together “the ultimate autism resource”. Their website features blogs about the autistic experience, screening kits, and resources on how to support the autistic folks in your life! *Please note: do not use these screening kits on students!*

[Neurodiversity: the key that unlocked my world](#): What do you think about, when you hear the word, “autism”? No diagnostic manual can truly explain the multifaceted experience of autism. In her TEDx talk, Elisabeth Wiklander, noted cellist in the London Philharmonic, communicates how it is to be autistic yet lead an independent and successful everyday life.

[How Autism Freed Me to Be Myself](#): Rosie King wants to know: Why is everyone so worried about being normal? She sounds a clarion call for every kid, parent, teacher and person to celebrate uniqueness. Rosie is now a writer on the children's show, Pablo, and even voices an autistic character who experiences echolalia.

[Failing at Normal: An ADHD Success Story](#): Jessica McCabe was a gifted child with a bright future, who later lived a life of constant failures, because one thing—her ADHD diagnosis. Until that one thing changed everything and she realized that she is not alone. Her Youtube channel HowtoADHD is dedicated to help not only people with ADHD, but also their parents, partners, and teachers.