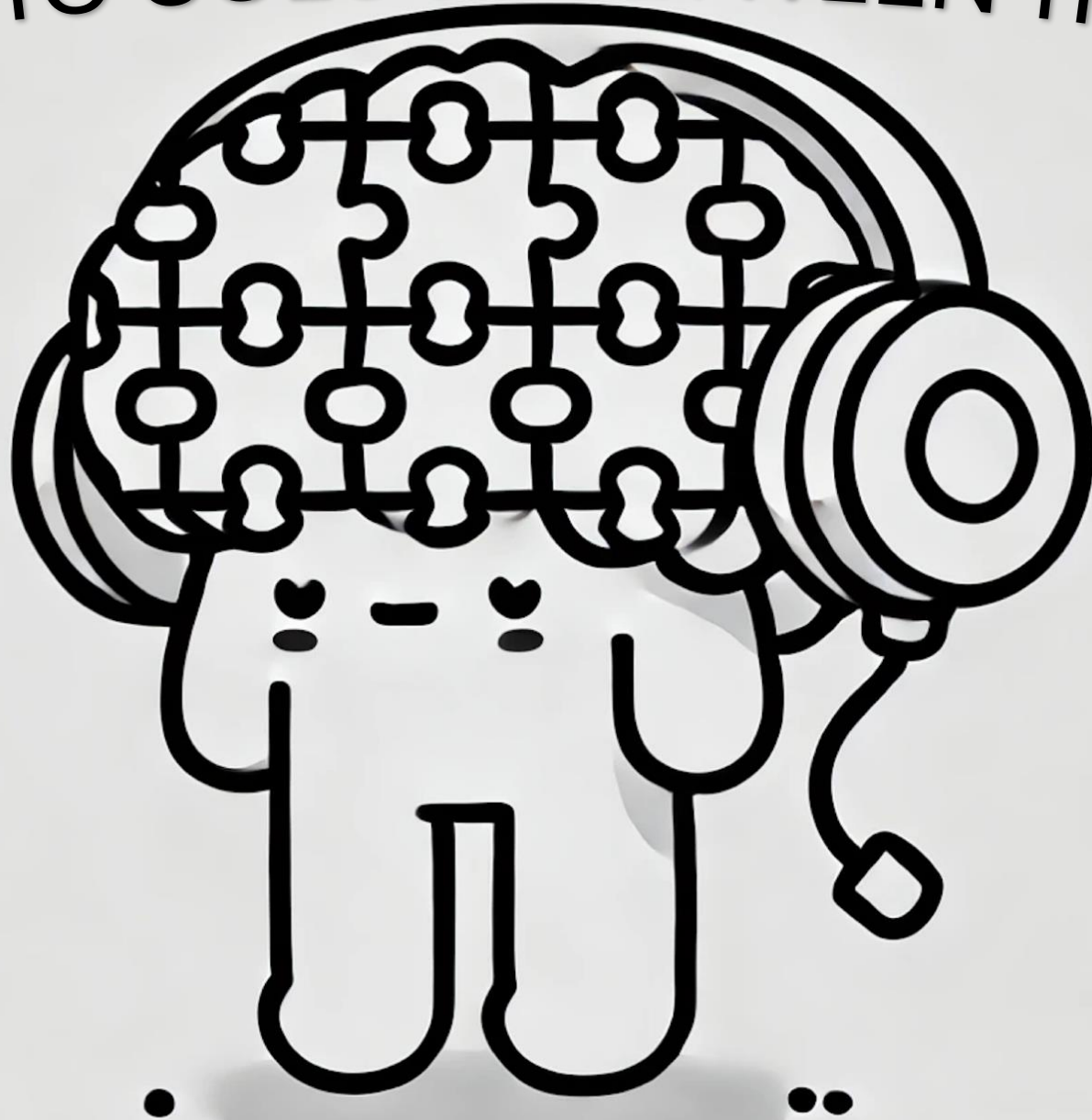


NO NEED TO COLOUR BETWEEN THE LINES



Dr. Juan-Mari Kruger



## Welcome to the world of neurodiversity!

Meet our two superheroes! Each one has a unique brain that makes them see and experience the world in amazing ways and can even hold some superpowers. But just like every superhero, their powers come with challenges.

Having both strengths and challenges is part of being human – and that is okay. We all have them – whether neurotypical or atypical.

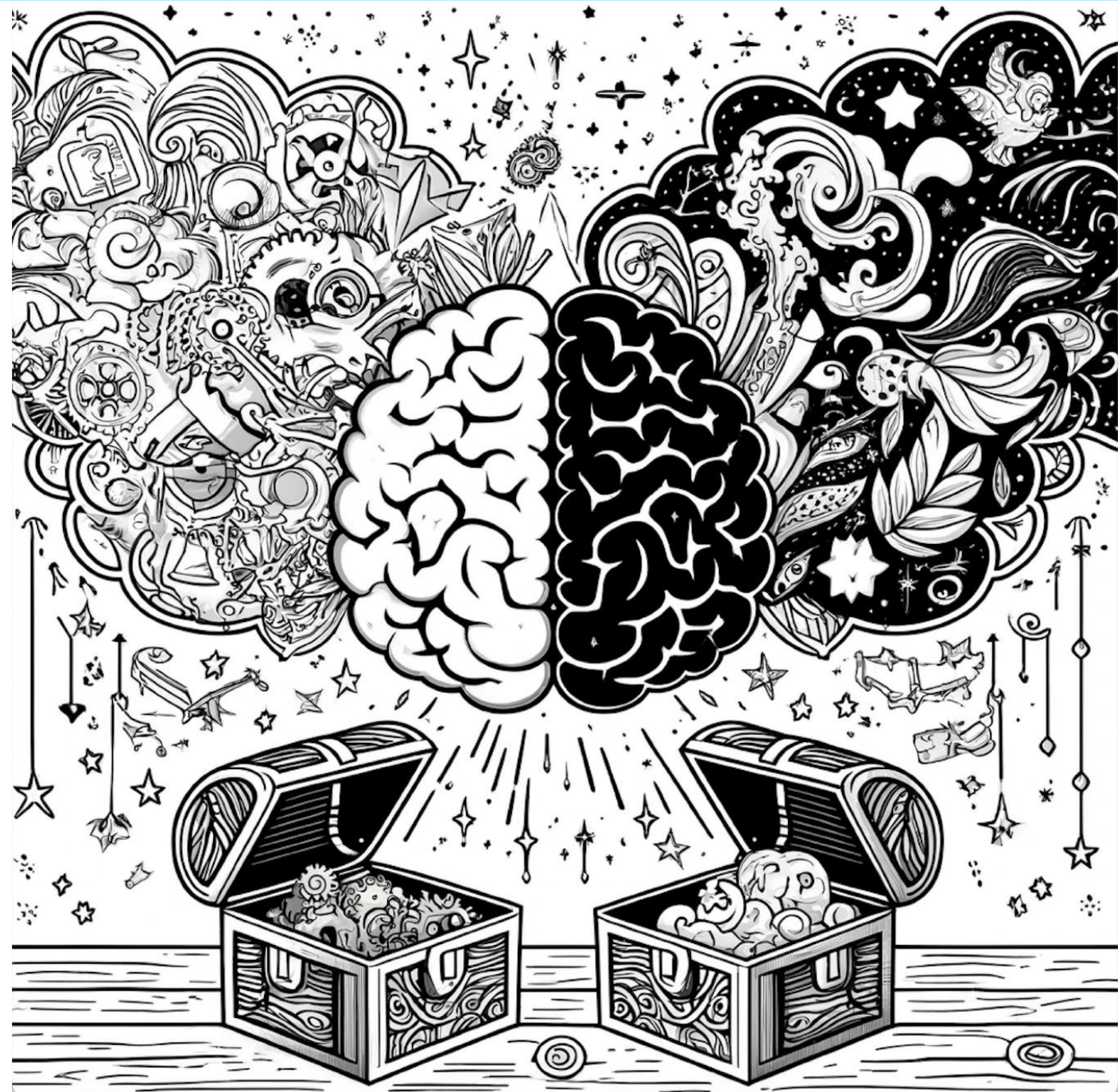
As you color, think about how we can support and understand each other, so everyone's superpowers can shine. Let's celebrate their bravery and kindness as they navigate each one's unique journeys!

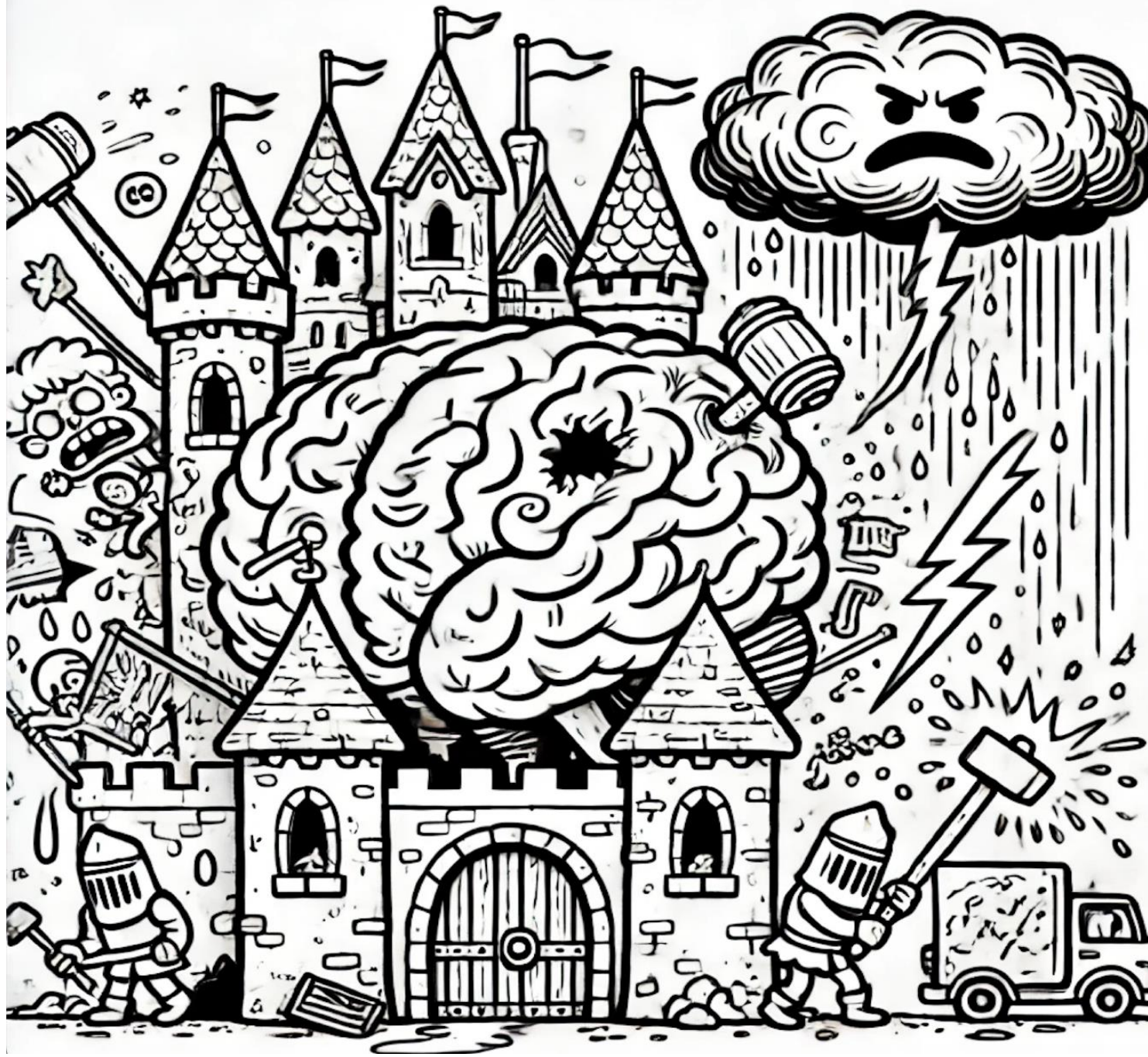
Every brain is like a treasure chest of ideas, and neurodivergent brains have extra-special superpowers!

On one side, the gears are always turning, clicking, and spinning like a puzzle-solving machine. These brains are amazing at spotting patterns, solving problems, and thinking in ways no one else can. The 'ASD side' is like a workshop full of clever tools—always building, creating, and inventing something incredible.

On the other side, swirls of energy and creativity zoom around like a colourful tornado. The 'ADHD side' bursts with brilliant ideas, lightning-fast thinking, and big, bright dreams. It's a sparkly playground where imagination runs wild!

Together, these brains can hyperfocus on what they love, turning challenges into amazing creations. Whether inventing a new gadget or dreaming up a fantastic story, neurodivergent brains are full of magic and possibilities!





Inside your head is a mighty castle, guarded by brave knights and filled with amazing ideas. But sometimes, the castle gets too busy.

There's a big, stormy cloud above, shouting with thunder and throwing bolts of lightning. Inside the walls, the knights are running around, hammering on things, trying to fix everything at once. Even the castle gates are shaking as everyone tries to do too much, too fast.

It can feel like the whole castle is in chaos, with no quiet space to rest. But even the strongest castles need a break! When the storm clears and the knights put down their hammers, the castle can stand tall and strong again.

## Challenges faced in neurodiversity

Sometimes, having a brain that works differently can feel really tough and other people might not understand why the person is upset or what they need.

All these challenges can lead to feeling intensely sad, frustrated and even angry. These can all then lead to becoming socially isolated.



**Racing thoughts**



**Poor communication**



**Sensory overload**



**Inflexibility**



**Overthinking**



**Social isolation**



## The importance of acceptance

Even though it can be hard sometimes, people who are neurodiverse, can have amazing strengths, like creativity, deep feelings, or unique ideas.

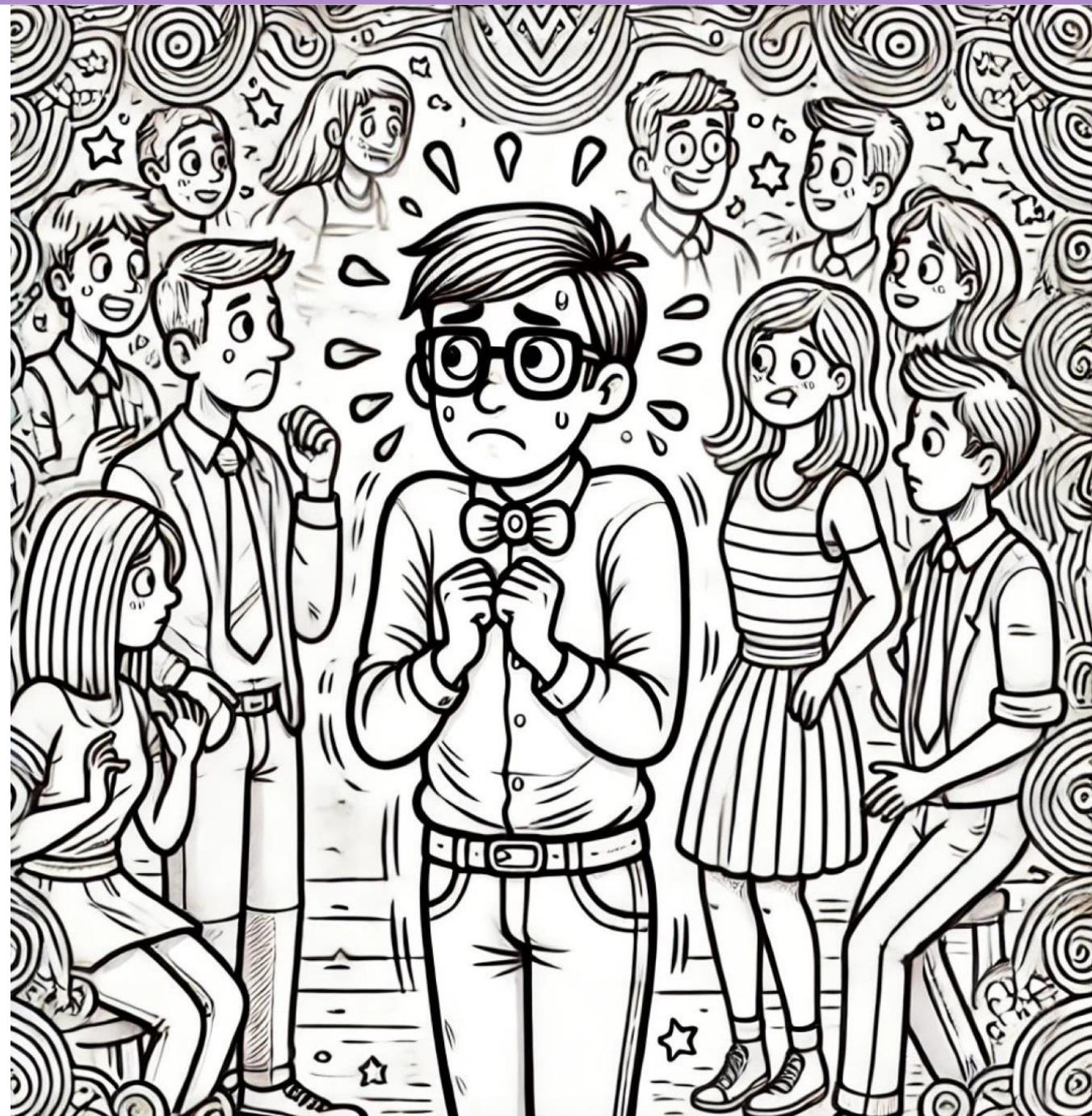
If we all work together to understand and support each other, we can make the world a kinder, more inclusive place for everyone. Acceptance and understanding are crucial for creating a supportive inclusive community for all.

Social situations can sometimes be challenging for those who are neurodivergent. Sometimes, big groups of people or loud, busy places can feel overwhelming.

This man is feeling nervous because there's so much going on around him. His brain works in a special way, and it can make situations like this tricky.

Maybe he feels shy, scared, or unsure about what to do.

That's okay! Everyone's brain is different, and it's great when others are kind and patient to help him feel better. Kindness and understanding can make all the difference





Some days, the world felt too big for Mia and Jamal. Loud sounds, bright lights, and too many things happening all at once could make their heads feel full, like a thunderstorm inside their minds. The noises were like booming drums, the lights like flashing fireworks, and even simple things, like people talking all at once, could feel overwhelming.

When it got too much, Mia and Jamal covered their ears, trying to block out the world. It wasn't that they didn't want to play or join in—they just needed a little space and quiet to feel okay again. Their teacher and friends were learning ways to help, like speaking softly or offering a quiet corner to rest. Slowly, everyone began to understand: Mia and Jamal weren't being difficult—they were just navigating the world in their own special way.

James is stimming—clapping his hands and moving with joy! Stimming helps James with many things. It helps him process intense emotions so that he can again reach a state where he feels calm and focused. It can help him express big emotions in a personal and creative way. During tough moments or periods of under or overstimulation, stimming provides his brain with a ‘hug’ – providing him comfort.

Some people look surprised, but stimming is natural and positive. It’s a way to feel safe and happy. Instead of judging, we can celebrate everyone’s unique ways of being themselves! Stimming is a wonderful way for neurodivergent individuals, like James, to thrive.





## **The importance of inclusivity**

As humans, we all fit together like puzzle pieces. We are doing this life journey on Earth together and what each one of us do, can impact another. Like flowers, we all grow in our own time and in our own way. That is what makes the world so unique and full of potential.

We might all like different things or see the world in different shades or patterns – and that is okay. Being kind and understanding of one another's differences makes our community stronger and a better place to live and grow in.

## The Importance of Quiet Spaces (Home/School/Work/Community)

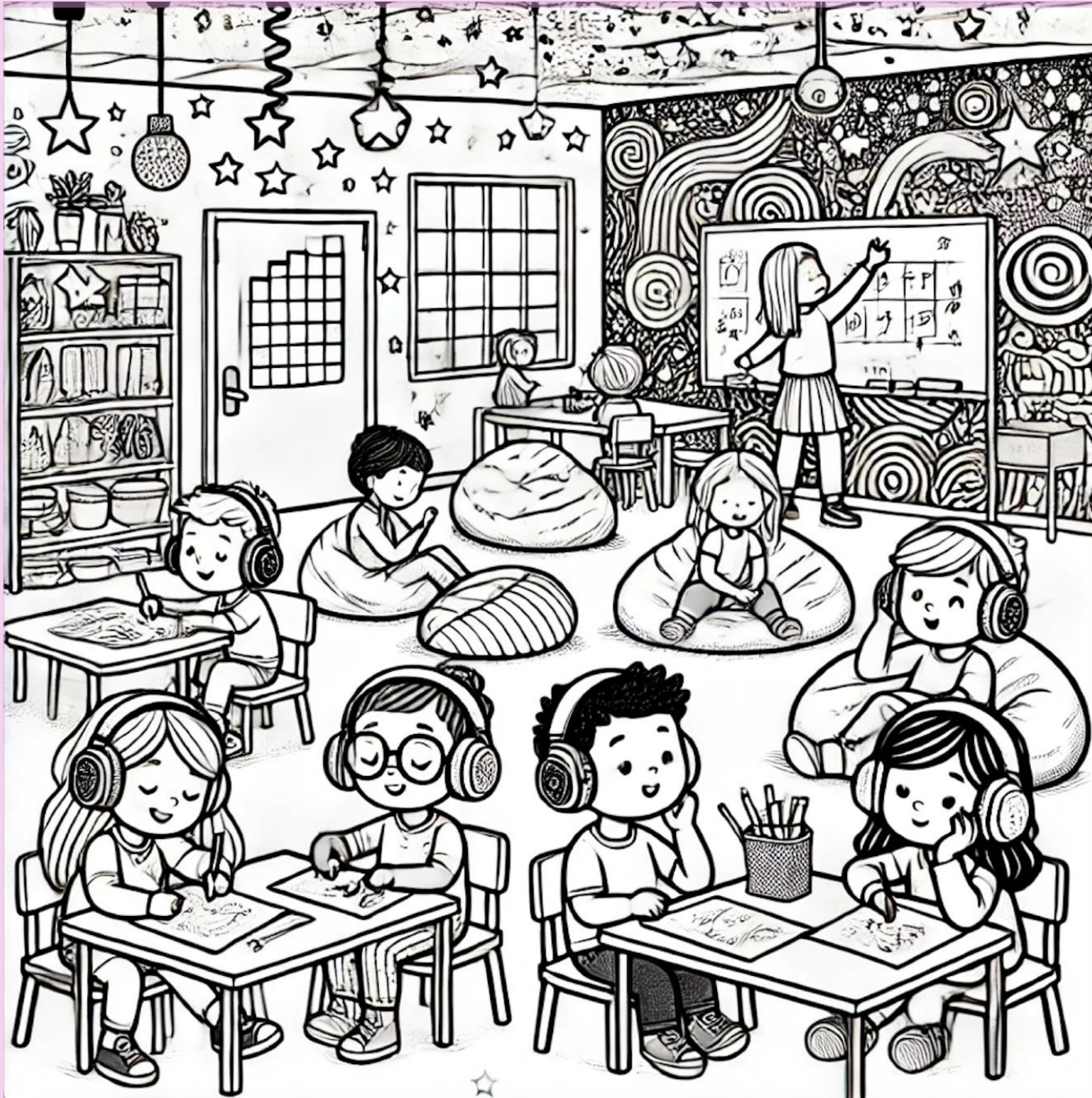
It provides a calming environment that reduces sensory overload and supports focus, creativity, and emotional well-being.

For many neurodivergent individuals, the world can feel overwhelming due to loud noises, bright lights, and constant stimulation. Spaces like this are designed with comfort, sensory regulation, and inclusivity in mind.

These environments often include soft seating, natural elements like plants, and areas for independent or low-pressure group activities. Quiet rooms allow individuals to recharge, process their thoughts, or engage in hobbies without external distractions. Features like dim lighting, noise-canceling headphones, and access to creative tools or books make them adaptable to different sensory needs.

These spaces not only prompt relaxation but also empower neurodivergent individuals to express themselves and engage with the world on their own terms.





## Example of Inclusive & Quiet Space in one

Welcome to Harmony Classroom, a place where everyone learns in their own way! In this room, each child has what they need to shine. Some wear headphones to help them focus on their work, while others enjoy sitting on beanbags for a little extra comfort. The walls are full of bright and exciting designs, making the space feel fun and welcoming.

Look closely—each student is doing something that works best for them. Some like to work quietly at their desks, while others prefer listening to the teacher at the board. There's even a special corner for anyone who needs a moment to relax.

In this classroom, differences are celebrated, and everyone is encouraged to learn and grow at their own pace. It's a place where kids help each other and where everyone belongs, showing how schools can be a safe and joyful space for all kinds learners.

## Superpowers of Neurodivergent Minds

The image of a brain adorned with headphones and a cape radiates the essence of neurodivergent minds: unique, powerful, and creative. Like superheroes, individuals with ADHD, autism, dyslexia, and other neurodivergent traits possess extraordinary abilities that defy conventional norms.

Their minds operate on frequencies others might not hear, creating symphonies of innovation, resilience, and perspective. The headphones symbolize their ability to tune into unique ideas and insights, often crafting solutions others might overlook. The cape signifies the bravery it takes to navigate a world designed for sameness while thriving with individuality.

Stars and lightning bolts illustrate the sparks of brilliance and bursts of energy that drive neurodivergent creativity. These minds often see patterns in chaos, connections in the abstract, and beauty in the unconventional.

Far from limitations, neurodivergence is a celebration of diversity—a reminder that the world needs every superpower to thrive.





## **Creativity**

Creativity is a powerful way for neurodivergent individuals to express themselves, manage emotions, and share their unique perspectives.

It allows them to communicate beyond words, providing a safe space to explore and celebrate their identity.

Creative outlets, such as art or music, can offer emotional regulation, build confidence, and foster connections with others by transcending social norms and language barriers.

Neurodivergent creativity often leads to innovative problem-solving and fresh ideas that enrich society. Embracing creativity helps neurodivergent individuals thrive while showcasing the value of their perspectives and talents.

## Unique cognitive strengths

Neurodivergent individuals harness their distinct cognitive abilities—such as hyperfocus, innovative thinking, and heightened sensitivity—to pursue their goals and passions in unique ways.

Their ability to think outside the box often allows them to approach challenges creatively, offering fresh solutions and perspectives. Skills like pattern recognition, deep curiosity, and attention to detail enable them to excel in areas they are passionate about, whether it's art, science, technology, or other fields.

By leveraging their strengths and adapting strategies that work for them, neurodivergent individuals not only achieve personal fulfillment but also contribute invaluable insights and innovations to the world.





Here we have a dedicated Olympic swimmer and a world-famous entrepreneur showing us the possibilities of what we can achieve

**Neurodiversity has given us incredible talents and achievements! Can you guess who they are?**



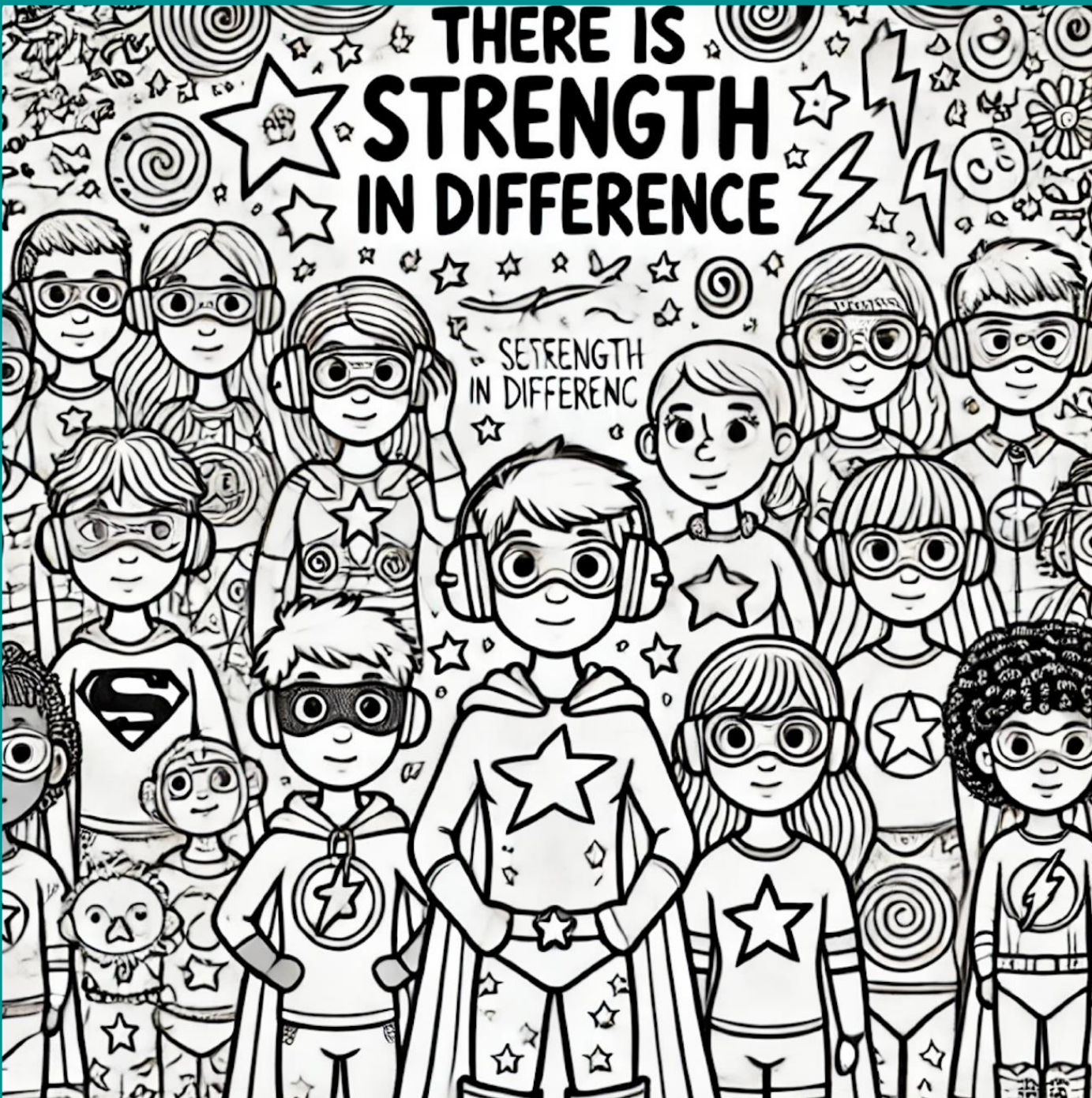
Here we have a young activist standing up for what she believes in and a mathematician and father of modern computing



Here we see an inspiring ethologist and animal behaviourist sketching a blueprint and an amazing world class gymnast, showing the diversity of skills people with neurodivergent brains can excel in.

# THERE IS STRENGTH IN DIFFERENCE

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## There Is Strength in Difference

Each of us has unique ways of thinking, learning, and experiencing the world. Neurodivergent individuals—such as those with autism, ADHD, or dyslexia—bring incredible strengths, including creativity, focus, innovative problem-solving, resilience, and deep empathy.

Like superheroes with unique powers, neurodivergent people make our world brighter and more inclusive. By celebrating and supporting these differences, we unlock everyone's potential and build stronger, more connected communities. Our greatest strength lies in embracing who we are—together.

## Ending Remark

Well, you made it to the end! Congratulations —whether you coloured every page meticulously, doodled wildly, or just skipped ahead to see how it all wraps up, you’ve nailed it in your own unique way.

This book was never about staying inside the lines (seriously, who even made those rules?) or creating something “perfect” —whatever that means. It’s about embracing your quirks, celebrating your weird and wonderful brain, and adding your splash of colour to the chaos of life.

So go forth, fellow neuro-spicy legend! Keep being unapologetically you, keep breaking the mold, and remember: the world is way more interesting with your colours in it.

Now, go grab a snack. You’ve earned it.