

Whole Body Understanding!

Autistic people listen and learn in unexpected ways but that doesn't mean that their way is wrong!



EYE contact can cause intense anxiety and be physically painful for some. You don't have to look to be good at listening!

If your EARS are how you listen and hear, they can do their job without your eyes looking.



Sometimes verbal stims help us to process information and that's okay.



If you need to make sounds with your MOUTH to listen, you can find a way to work with your neighbors so that you are both respected, supported and able to understand and learn!

Flappy hands are happy hands! Your HANDS can be loud and proud and you can still listen!



Movement helps a lot of people to learn. You can move your FEET and still be able to be attentive. It can even help you do it better!



Your BODY is yours and you can move it however you need to. Your boundaries and rights are just as important as anybody else's!



Your BRAIN is always thinking, even when others do not understand. Your brain is wonderful exactly as it is!

Your HEART is caring about others and you deserve the same in return!

