My Autism Discovery Pack

A guide for learning about how my brain works.

Everyone's brain works in its own way. This pack helps me learn about my autistic brain — what I like, what helps me, and what makes me feel happy and calm.

Autism means my brain understands and feels things differently.
I might:
- Notice lots of small details
- Have special interests I love
- Need quiet time when I'm tired
- Find some sounds, lights, or textures tricky

My autism is part of who I am.

About Me

My name is: _____

I am ____ years old.

Things I like to do: _____

People who help me: _____

Things that make me happy: _____

My Strengths

Everyone has strengths. These are some of mine:

Things I'm good at	Things I enjoy
Things I'm learning	Things I want to get better at

My Feelings and Energy

Sometimes I feel full of energy. Sometimes I feel tired or need space. These boxes help me notice what uses my energy and what gives it back.

Things that use my energy	Things that give my energy back

My Senses

My body and brain notice things through my senses. I can write or draw what I like, what I don't like, and what helps me for each sense.

Sight:

I like: _____

I don't like: _____

It helps me when: _____

Sound:

I like: _____

I don't like: _____

It helps me when: _____

Touch:

I like: _____

I don’t like: _____

It helps me when: _____

Smell:

I like: _____

I don’t like: _____

It helps me when: _____

Taste:

I like: _____

I don’t like: _____

It helps me when: _____

Movement:

I like: _____

I don’t like: _____

It helps me when: _____

How I Communicate

I can communicate in lots of ways. I can draw, talk, sign, type, or use pictures.

I like to communicate by: _____

People understand me best when: _____

When I need help, I can: _____

What Helps Me

These things help me feel calm, safe, and ready to learn.

At home, it helps when: _____

At school, it helps when: _____

When I feel upset, I can: _____

People can help me by: _____

My Interests

I have things I love to learn or think about.

My favourite topics are: _____

I like to spend time: _____

I feel calm when I'm doing: _____

My Reflections

This space is for me to draw or write things I've noticed or learned about myself.