

My Autism Reflection Pack

This pack is for me to learn more about myself and how my brain works. It's a space to explore what feels important to me, what helps, and what makes me feel comfortable and understood.

What is autism?

Autism means that my brain processes the world differently. I might notice details that others miss, think deeply about my interests, or prefer certain routines or ways of communicating. Sometimes things like busy places, bright lights, or social situations can feel tiring — but that doesn't mean something is wrong with me.

Being autistic is part of who I am. It influences how I understand, learn, and connect with others. My brain has its own rhythm, strengths, and ways of making sense of the world — and this pack helps me explore and celebrate that.

Understanding My Autistic Brain

My brain works in its own way — it helps me think, learn, feel, and experience the world differently. This page is about understanding and celebrating how my autistic brain works. There's no right or wrong way to be autistic; this is simply about noticing what feels true for me.

Instructions:

I can write or draw about:

- Things I like about how my brain works
- Times when people understand me best
- What helps me feel comfortable when I'm learning, talking, or spending time with others

This is a space to explore who I am and what helps me feel supported and proud of my differences.

Three things I like about how my brain works: _____

When people understand me best, it's because: _____

Things that help me feel comfortable when I'm learning or socialising:

My Strengths Map

Everyone has things they're great at and things they're learning about. This page helps me notice what I do well, what I enjoy, and what feels important to me. Understanding my strengths can help me use them in school, at home, and in friendships.

Instructions:

I can write, draw, or add photos or symbols to show:

- Things I'm good at or enjoy
- What other people say I'm good at
- What I'd like to get even better at
- How my interests help me learn, relax, or connect with others

There's no need to compare myself to anyone else — this is about what makes me *me*.

Things I'm good at	What others say I'm good at
What I'd like to get even better at	How my interests help me learn or relax

My Energy and Recovery Chart

Everyone's energy goes up and down during the day. This page helps me notice what things use up my energy and what things help me feel calm or re-energised again. Understanding this can help me plan my day and take breaks when I need them.

Instructions:

I can write or draw in each column:

- Things that use my energy (for example, noisy places, lots of talking, changes in routine)
- Things that give me energy back (for example, quiet time, music, time with pets, stimming, or being outdoors)

There are no right or wrong answers — it's about noticing what feels true for me.

Things that use my energy	Things that give me energy back

My Sensory Experiences

Everyone's senses work differently. This page is to help me think about how I experience the world through sight, sound, touch, taste, smell, and movement. There's no right or wrong — this is just about noticing what feels comfortable or uncomfortable for me.

Instructions:

I can write or draw what feels good or tricky for each sense. I might think about:

- what I enjoy and helps me feel calm
- what feels too much sometimes
- what I do or what helps when things feel overwhelming
- what people can do to make my environment feel better for me

Sight: _____

Sound: _____

Smell: _____

Touch: _____

Taste: _____

Movement / Balance: _____

Social Circles & Communication

Explore who I feel comfortable with and how I prefer to connect.

People I feel safe with	People I'd like to understand me better
How I like to communicate	What helps others understand me

Understanding My Autistic Strengths and Interests

This page is about noticing what I'm good at, what I enjoy, and what feels important to me. Everyone's brain works differently — these are some of the ways mine helps me learn, think, and connect.

Prompts:

- I really enjoy doing...
- I notice things that other people might miss, like...
- I feel proud when I...
- People often ask me for help with...
- I find it easy to...
- I'd like to learn more about...

Advocacy and Self-Knowledge

Help them develop confidence in expressing their needs and preferences.

I'm autistic, which means: _____

I do best when: _____

If I'm stressed, it helps when: _____

People can support me by: _____

My Reflections and Next Steps

This space is for me to write or draw anything I've been thinking about during sessions — things I've learned, noticed, or want to remember. I can use it to plan what I'd like to try next, questions I have, or ideas for how people can support me.