

WELCOME TO THE AUTUMN TERM!

## Week 1

The new year can be an anxiety-inducing time for any of us, but for autistic individuals, all the change and uncertainty can be particularly challenging.

## How can I create a neurodiversity-friendly classroom?



- **colours** (consider the impact of the colours in the room as well as what you wear).



- **smells** (are you wearing a strong perfume or using a diffuser? This could be overwhelming for some students).



- **noise** (playing music during independent work may be too much to process). The theory of single-attention suggests some individuals may only be able to focus on one emotions/sense at a time.

YOU CAN  
DO IT!

If you have a certain topic you would like tips on, email [rebecca.duffus@cognus.org.uk](mailto:rebecca.duffus@cognus.org.uk)