



Minds&Hearts

Neurodiversity:

YOUR BRAIN AND ITS MELODY

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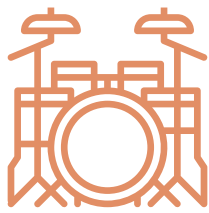
A helpful way of thinking about the brain is like a band of musical instruments. If they want to sound good, they all have to play their parts and work together!



But what happens if one of the instruments is out of tune? It might play too soft, too loud or others might find the sounds hard to listen to. This is a lot like how we might experience *emotion control and our senses!*

What happens if one of the instruments is played at the wrong time or forget to prepare? Others might get distracted, lose their place and play the wrong bit! This is a lot like *inattention, getting off topic*, and challenges with *organisation and planning!*

What happens if one of the instruments is struggling to understand and play with the others? They might sound good by themselves, but they might end up feeling confused, lonely and left out. This is a lot like challenges with *social understanding!*



What happens if an instrument gets stuck and can't stop playing the same notes, over and over?

The one instrument might sound nice, but it's forgotten about the other things it is meant to be doing. This is a lot like challenges with *shifting*!

What happens if one of the instruments gets carried away and plays over the others? It might distract the other instruments, hurt their feelings, or even make them want to stop playing together. This is a lot like being *impulsive or hyperactive*!

And what happens if one of the instruments has no idea how it sounds? It might struggle to work out how it sounds, how loud or soft it is, or if it's playing the right music. This is a lot like *emotion awareness* and how we might need carers and friends to help us know how we feel!

If you are neurodiverse (you might be Autistic, have ADHD, have a Learning Disorder or something similar), your band likes to play music in a different way to most people. A lot of the time your brain will make beautiful, amazing, creative melodies that some people wouldn't think is even possible to play!

Other times though, the band will not be able to play together and you might struggle to:

- Focus on and control your emotions
- Shift your mind/attention
- Focus and stay on topic
- Control your impulses/actions and energy
- Organise and plan your tasks and day
- Understand and connect with others

When things go wrong, it's okay to ask for help. We all need help with different things in our lives, let's work on learning how to help each other play our instruments so we can all sound great together!

