

Break it down!

How to Use the FASD Break it Down Board

Look at the pack of cards that came with the board.

They have colours on the edges that match the rectangles.

Separate them by the coloured edges.

Think of a time when something went wrong or something went well.



Nyrene is an adult with FASD. When she has trouble understanding something, she asks people to “break it down” so she can understand it.

Nyrene inspired this board

Use the board to ‘break it down.’ You can use the cards, your own photos or even post-it notes to help you think through things.

This board can help you and others learn what helps you in different situations.

You can take a photo of the board with cards on it when you work through a situation so you can remember what you learnt.

You can use it again and again to practice what you might do.

If you don't have a board, you can use the print out attached and circle the pictures or write your own.

We would love to hear from you about how you used the ‘Break it Down’ board. Ask your parents or carers to help you email us on hello@fasd.me.



Where was I?



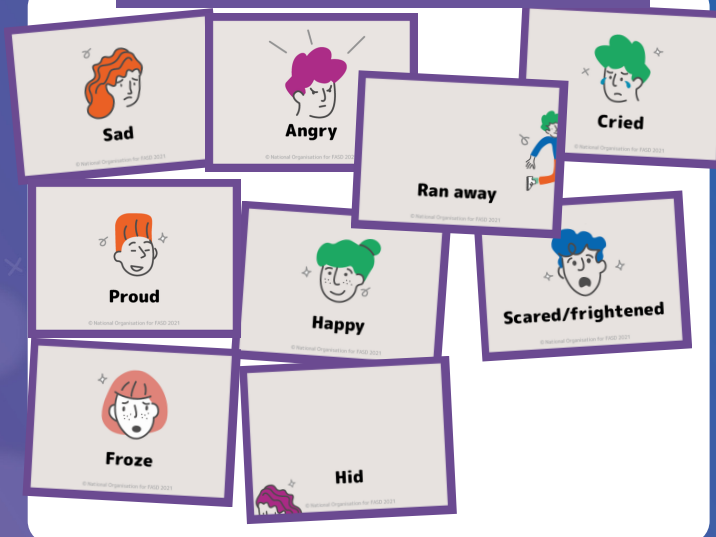
What happened?



What was the cause?



How did it affect me?



What helps?



My strengths



Break it down!



Circle one of the pictures in each box to help explain what happened or write your own explanation. If you're not sure, you could use the "I'm not sure" card! For more information: www.FASD.me.

ME & MY FASD