



SPRING 2022

ISSUE 2

ACTIVITY BOOK

Living FASD

AWESOME PEOPLE AMAZING MINDS

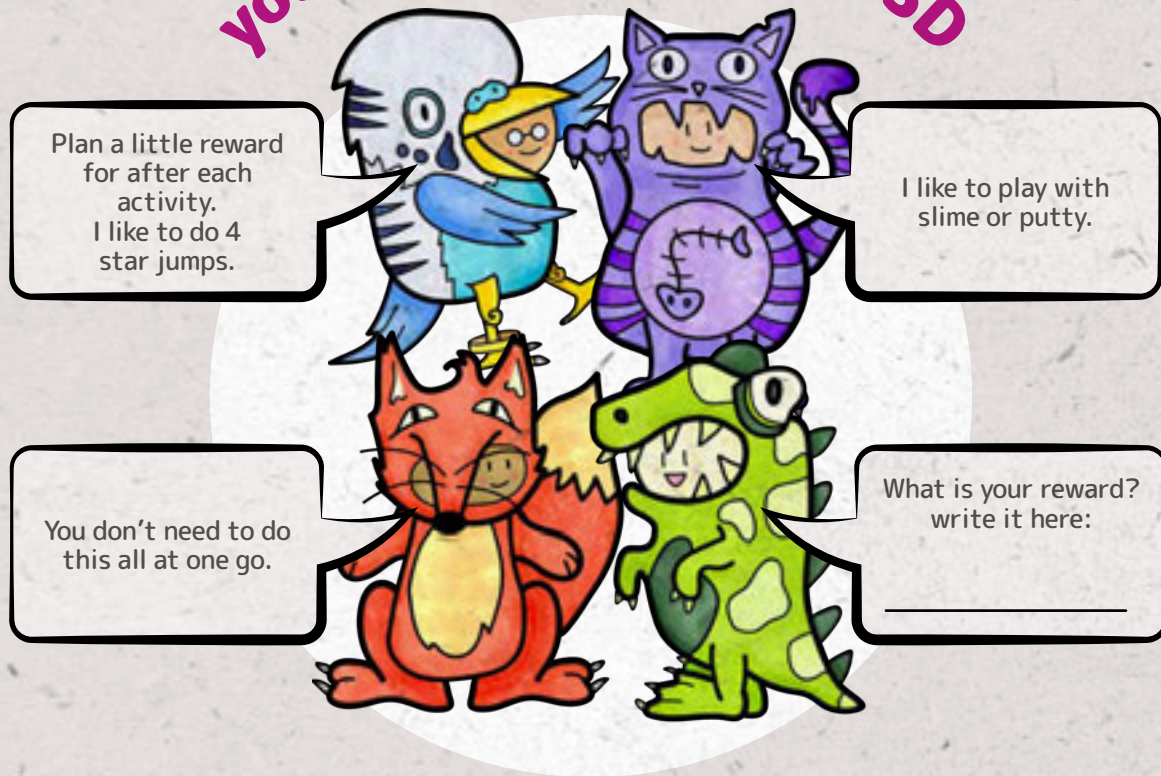


Helping
awesome
people with
FASD get by





**This book is for awesome
young people with FASD**



Awesome people with FASD have many strengths

- One strength is that people with FASD try hard every day.
- This book is meant to help you begin conversations.
- It might help to have a trusted adult help you work through this.
- We hope you like it.
- We created these activities with advice from people with FASD.

Me & My FASD

helping to get by



This book belongs to:

Date:



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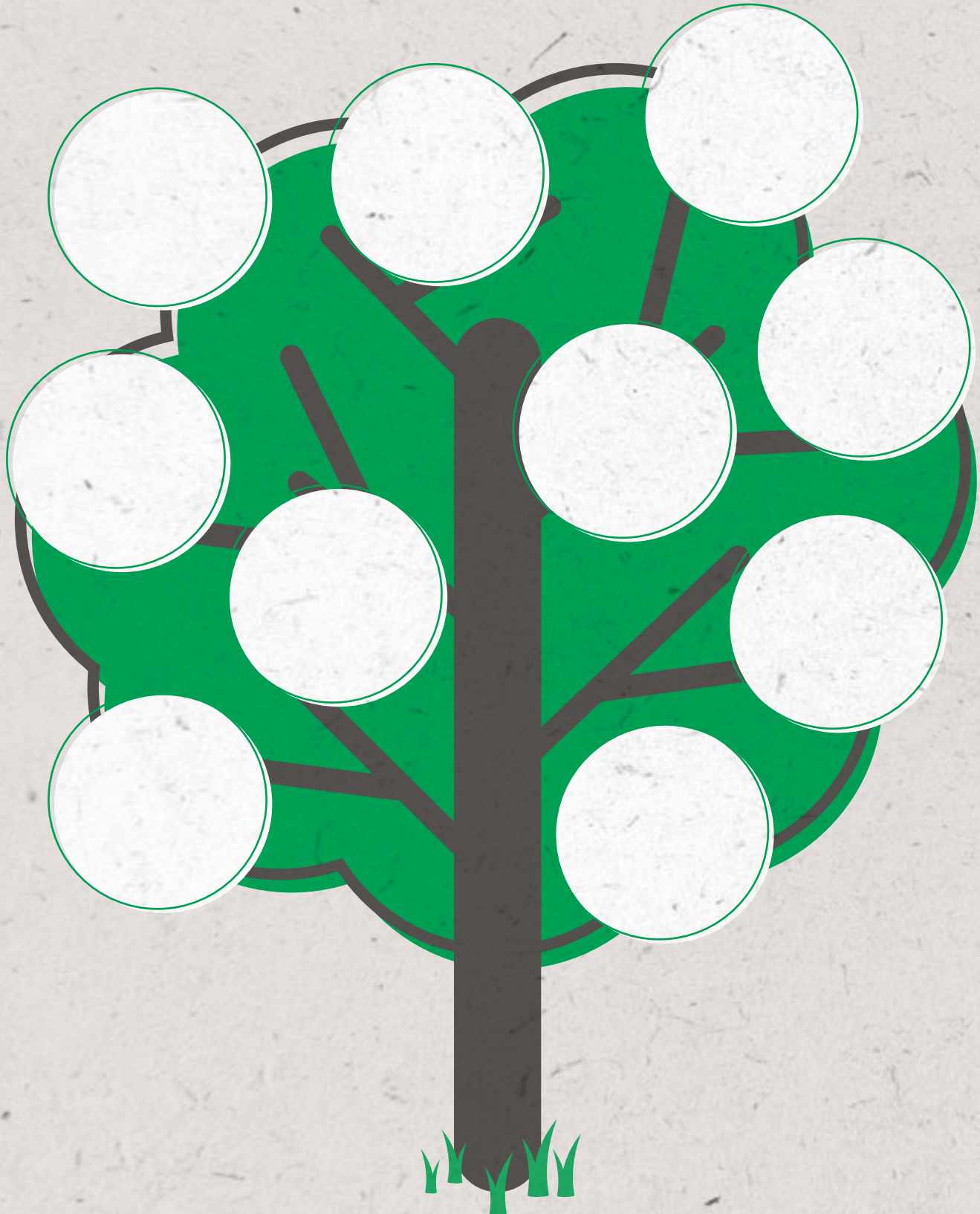
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You can print out all of the activity sheets from the Me & My FASD website Coping Resources area and use this QR code to get there.

Tree of trusted people

Some of the people that can help me.



Tree of trusted people

Here are some ideas of people who might be able to help.

Write their names in the tree.

**ME & MY
FASD**

I used this tree with my teacher. Who is helping you fill this out?

**Teachers
or others at
school/
college**

**Doctors or
therapists**

Your family

Police

**Social care
worker**

Club leaders

Coach

These are just
some ideas to get
you thinking!

Who else do you trust?

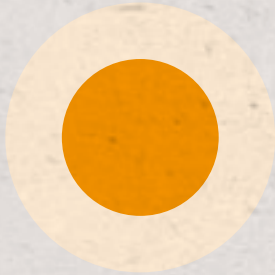


Where are you today?

Remember its about how you feel.

Draw an 'X' where you are today.

Are you feeling great, like you are on the top of the world?



Are you feeling sad like you are at the bottom of a hill and can't climb up?



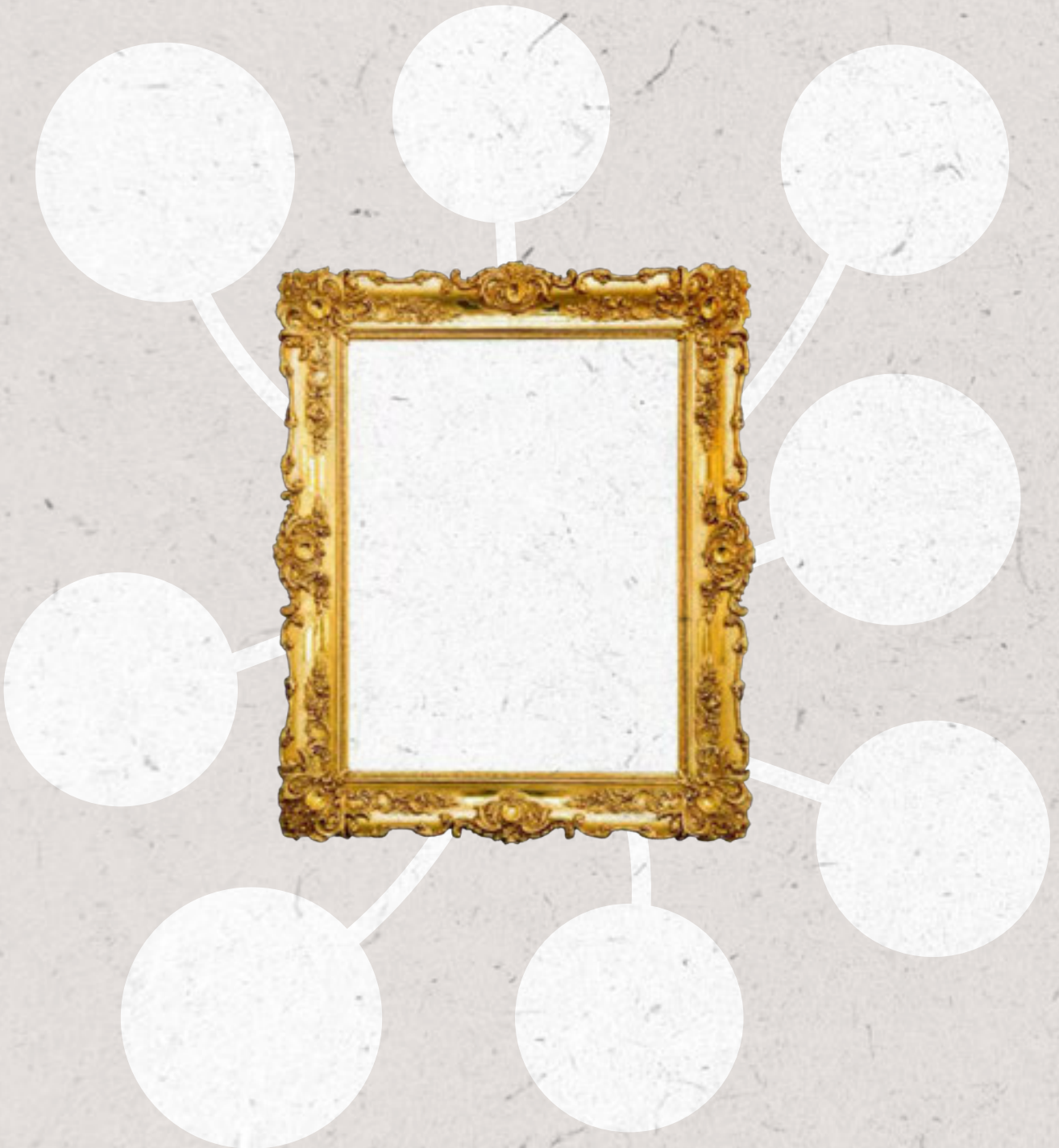
How are you feeling now?

Circle an emoji or draw your own.



What makes me ME?

Draw yourself or stick a photo of yourself here.



What makes me ME?



These are from other people with FASD. Are you the same?
Add the important things that make you **you** to the diagram.



I like to help

I take care of animals



I enjoy IT



I'm caring

I have a strong imagination



I'm musical




I like singing



I'm good at baking



I'm a good ballet dancer



I'm good at making cat sounds!

Passport

Fill in your passport details.

If your trusted adult agrees, you can give this to others to help them understand your FASD.

Put your
picture here

Name:

Age:

I have FASD, a lifelong neurodevelopmental condition.

I may require additional help to support me to achieve my goals.

I hope you see my many strengths but also understand that even though you can't see it, I have a brain-based disability.

I'm good at:

I need help with:

What you can do to help me:



I Get Through



More than the 70 young people with FASD in the UK sent their ideas for the lyrics for this song.

It's about what helps them to get through when it's difficult.



Scan the QR code to see the I Get Through video on YouTube



Lyrics:

Sometimes my brain gets jumbled
Find it hard to cope
I build up my walls
But there's no time to mope
Here's some of the things I do
To get through

Cycling and stroke a pet
I take a walk or make some slime
Sometimes I just want to be alone

Football games and jumping high
Build a den, go for a drive
Take deep breaths I can beat this test

One more thing that helps when I'm struggling
Yes one more thing that helps when I'm struggling
Is to dance and sing!

Sometimes my brain gets jumbled
Find it hard to cope
I build up my walls
But there's no time to mope
Here's some of the things I do
To get through

Tell some jokes or count to ten
Go on my iPad build a den
Working out or having a cold drink

Painting pictures screaming loud
Have bath don't make a sound
Watching movies rocking back and forth

One more thing that helps when I'm struggling
Yes one more thing that helps when I'm struggling
Is to dance and sing!

Sometimes my brain gets jumbled
Find it hard to cope
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Sometimes my brain gets jumbled
Find it hard to cope
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Here's some of the things I do
To get through

Break it down!



Scan the QR code to find out more about the Break it Down Board



The Break it Down board is a fun way to identify different strategies and strengths that can help people with FASD.

It's as important to break down the positive experiences as the challenging ones.



Scan the QR code to find out more about The Misunderstood Game



A board game that helps explore different aspects of living with FASD.

The Misunderstood Game was suggested by Andy Jackson a young adult with FASD and its name came from our Adults and Young Adults with FASD Advisory Committee.



Testing the resources



In October 2021 people with FASD tested the resources in this magazine.

We thought you would like to see the photos.



One step at a time

I find making plans hard, but it helps if we break it down step by step.



MY GOAL!

By when:



Sometimes you need to step back

WHERE I AM NOW

One step at a time



Write or draw 3 things to help.



What will make a difference?



It helps my brain
when I use my
calming strategies



What will make a difference?

We know some days can be hard.

What helps you to get through? These are some ideas.

Circle these or write your own in the balloons on the opposite page.





FASD iceberg

Write your ideas on the iceberg.

What people might
think they see about
my FASD

What FASD is
like for me

My FASD might look
one way to people who
don't know about it but
there is so much they
don't see about living
with FASD.



FASD iceberg



What people might think about me

A large, empty rectangular box with rounded corners and a light beige background, intended for a drawing or writing.

What FASD is like for me

A large, empty rectangular box with rounded corners and a light beige background, intended for a drawing or writing.

Emotion thermometer



- We all sometimes feel that things get too much for us.
- There is nothing wrong with feeling like this.
- We can learn to cope with our feelings and avoid most meltdowns.
- We can learn how to chill.
- With FASD it isn't easy.
- This thermometer might help.
- There are lots of steps between being calm and meltdown (flipping your lid).
- We can learn strategies to chill and put the lid back on.
- It's especially important to think about what's happening when we feel emotion thermometer good.

Look at this video about flipping your lid



<https://fasd.me/funzone/games-and-activities/brain-house/>


What does it feel like?

Write or draw
some ideas.
You can do this
alone or with an
adult



What helps?

Write or draw
some ideas.
You can do this
alone or with an
adult

	What can you do?	What can others do?
 <p>BLAST OFF!</p>		
fizzy		
bubbly		
something happening		
calm		

People with FASD having fun

It really helps me to exercise and play outside, does this help you too?

ME & MY FASD



Here are some more pictures from the day in October of people with FASD having fun.





www.FASD.me



Funded by Pears Foundation (via Contact), as part of Government's £750 million charities package. Thanks!

