

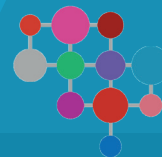
**ME & MY
FASD**

MY Brain, Me and FASD

Why I try so hard.



Why I am unique.



NATIONAL
ORGANISATION
— F O R —

A book about hope and wellbeing by **FASD**

This book is for everyone with FASD.

You can go through it with a trusted adult (like a parent, carer, teacher, family friend, or a professional who is helping you).

You don't need to do it all in one go.

You might want to show your answers to your teachers, coaches, friends or adults who are helping you.

This has been reviewed by others with FASD and experts.

*An online interactive version of this activity book is available by scanning this QR code with your phone or going to this website:
<https://fasd.me/me-and-my-fasd/interactive-comic/>*



National Organisation for FASD

www.fasd.me

020 8458 5951

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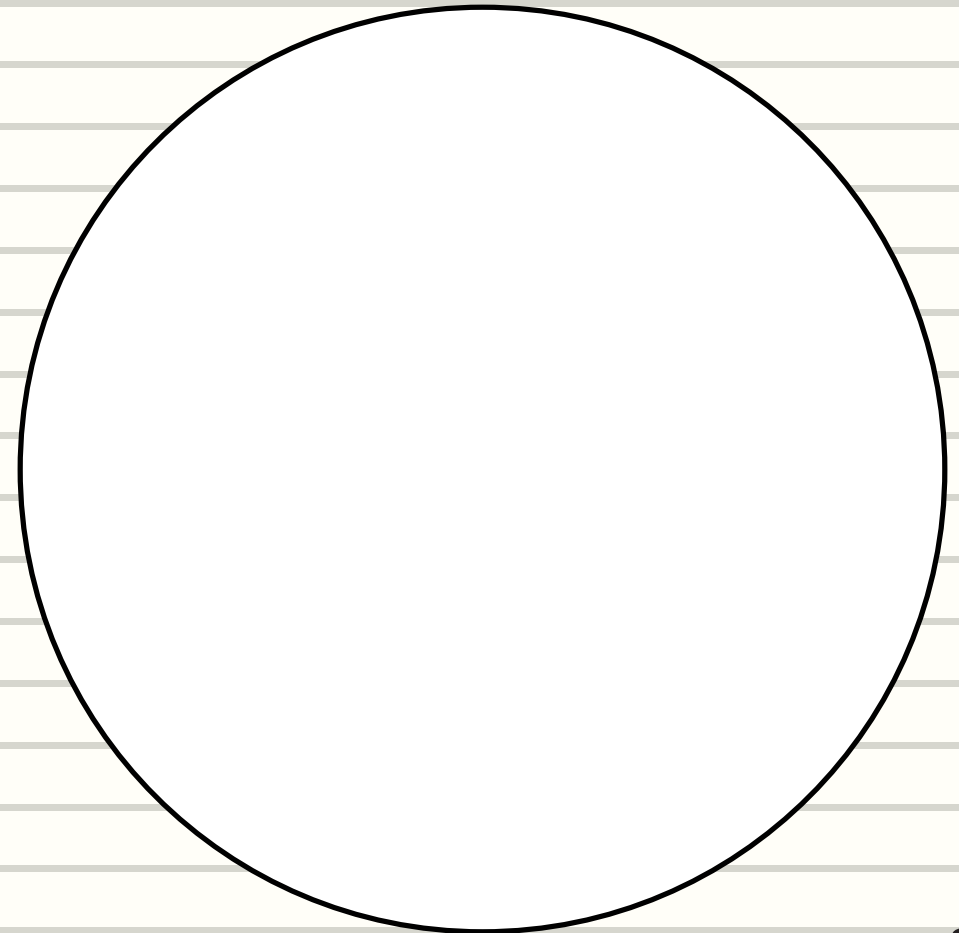
nationalfasd.org.uk

This activity book belongs to:

What's inside

- You are not alone page 4
- What is FASD page 7
- What FASD means to you page 11
- Things I find hard page 15
- School Dramas page 21
- Things that help page 29
- Why I am Awesome page 37
- My notes page 42

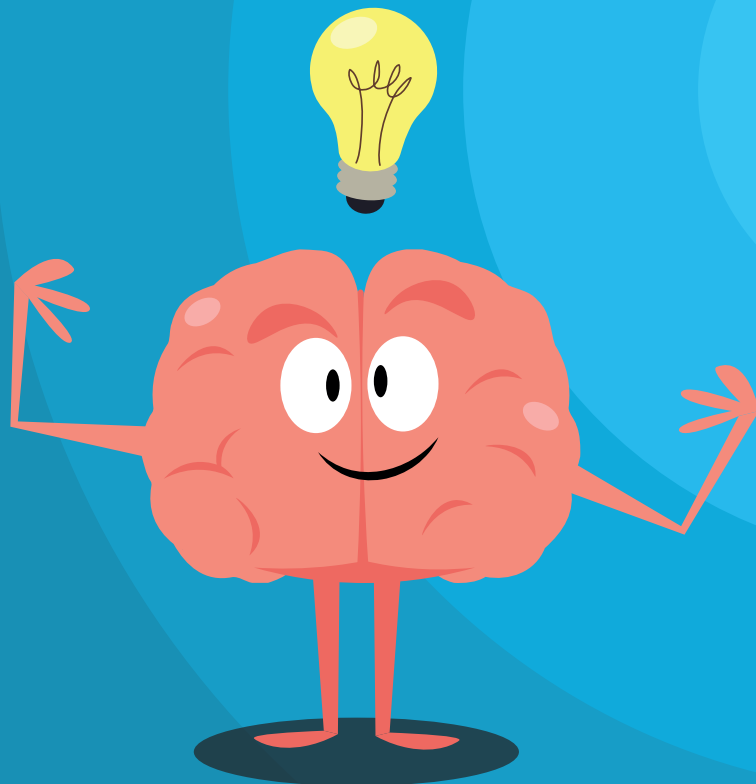
Draw yourself here:





You are not alone.

*Thousands and thousands
of people have FASD.*



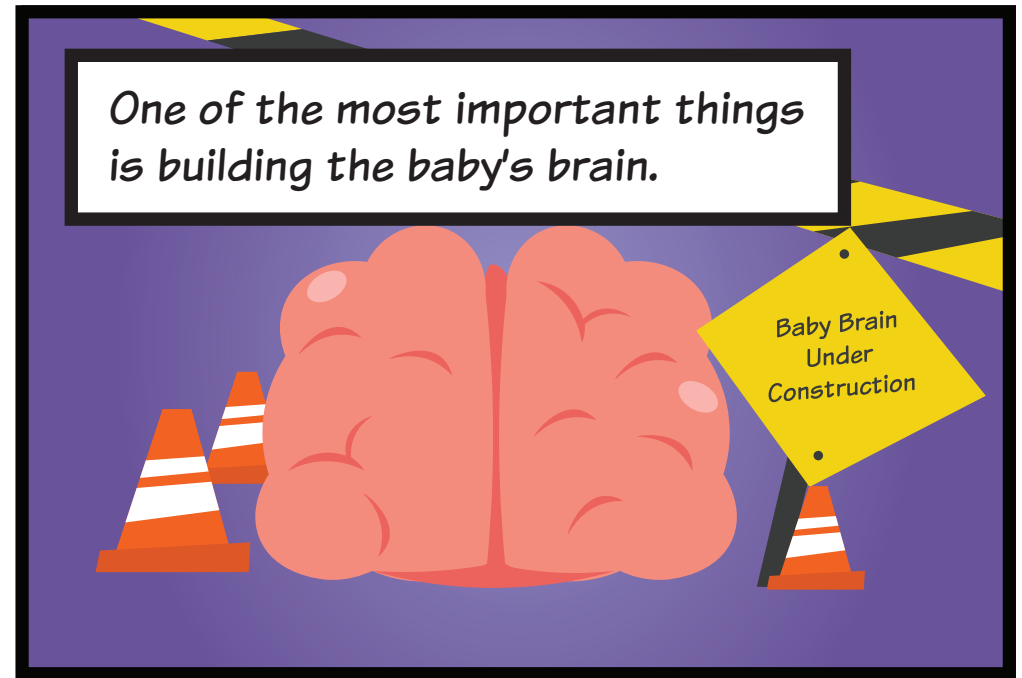
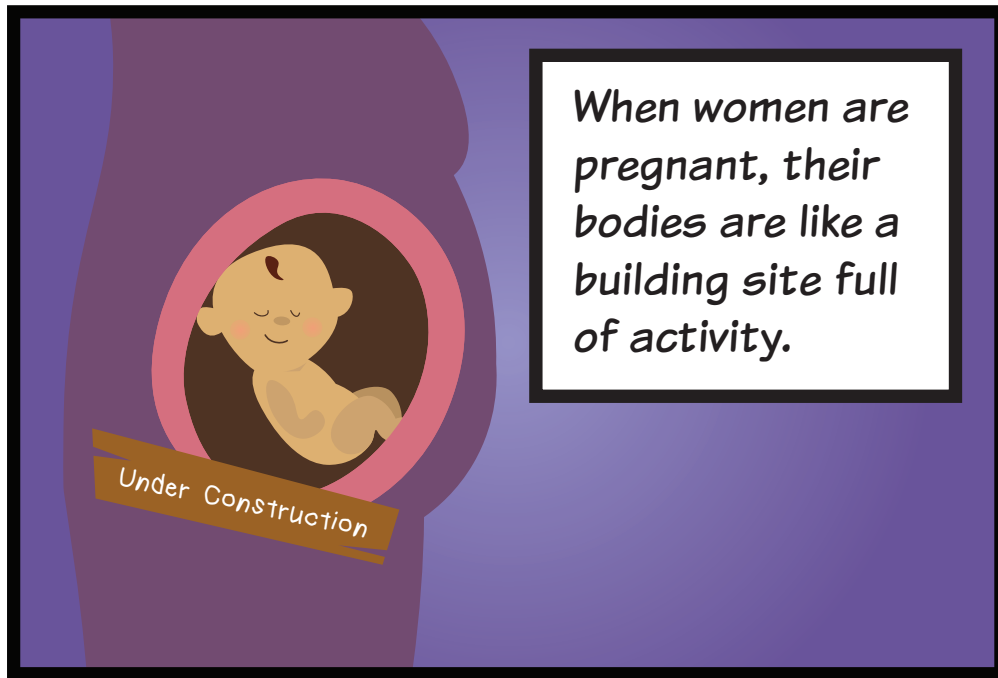
Let's start at the beginning.

Have you ever wondered why you find things hard sometimes? It's actually down to your brain and how it developed when you were being built.

Let's take a look...

But first, you can write any questions you have here:

**What is
FASD?**



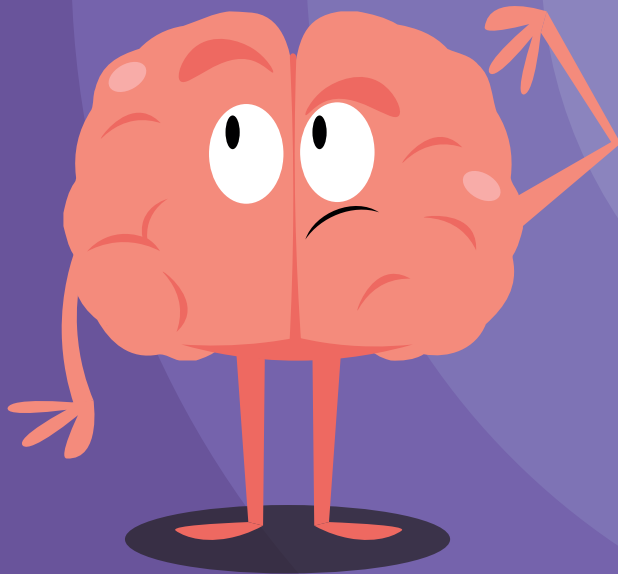
Pregnant women don't want to harm their babies.

So why do they drink alcohol?

They might not know it can harm their baby.

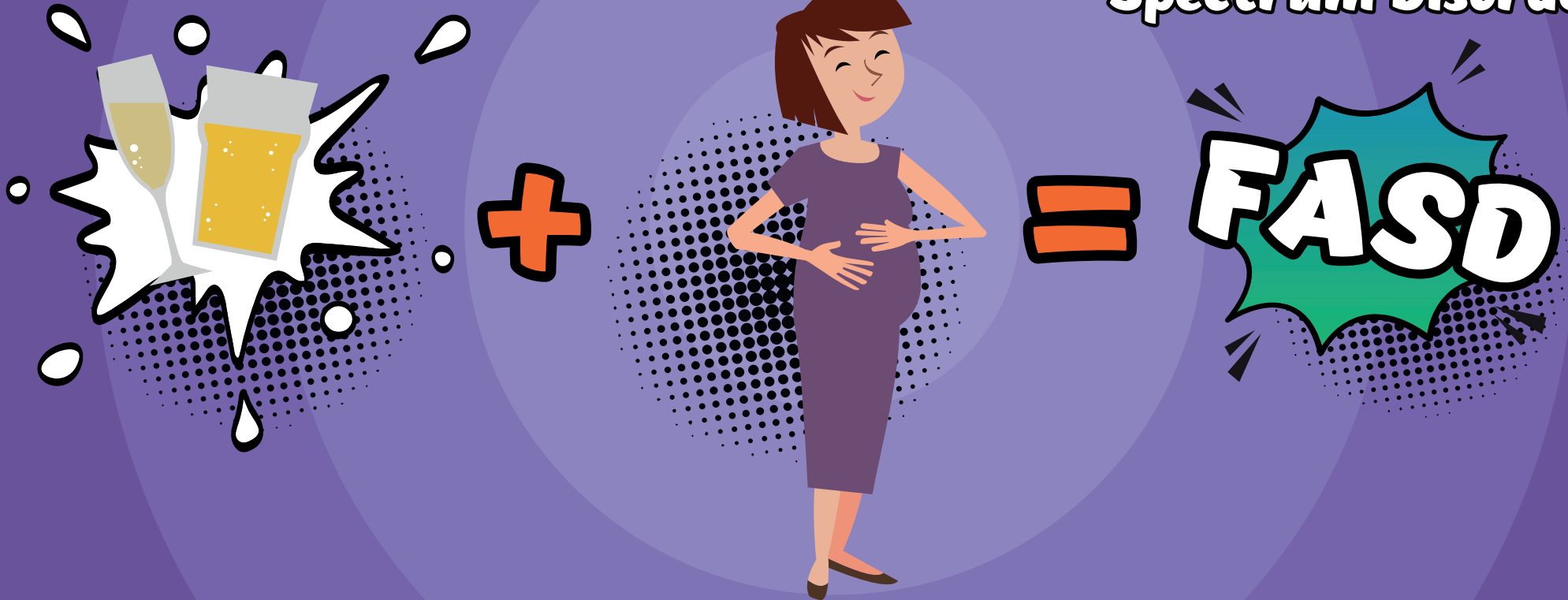
They might not know they are pregnant.

They can't stop drinking and need others to help them.



So... SOMETIMES...

**Fetal Alcohol
Spectrum Disorder**



FASD lasts a lifetime!

**What
FASD means
for you**



FASD means you may struggle because the wires in your brain got mixed up during construction.

This means you might find it hard to do things other people find easier, particularly if you are tired, anxious, or upset.

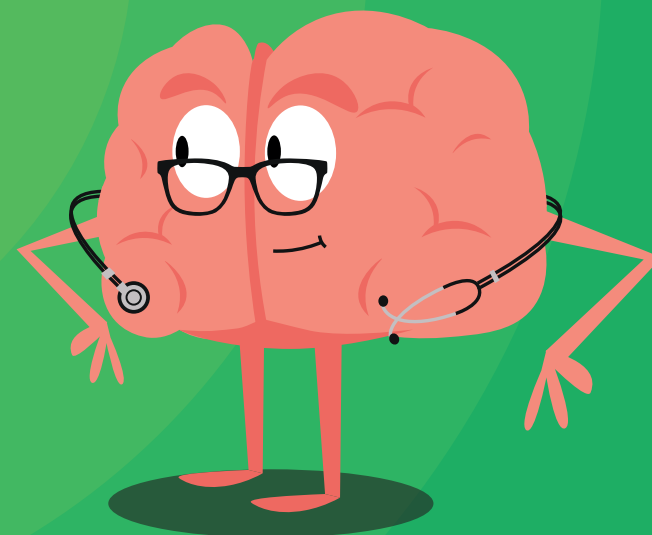
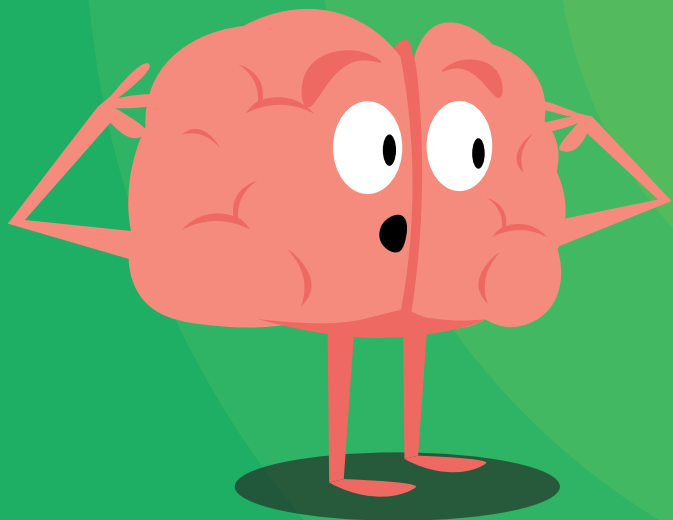
It is not your fault!

Really?!



It's normal to have lots of different feelings about having FASD. It's important to talk to someone about this if you need to, you are not alone.

You could talk to people who care about you and support you, like a teacher or a doctor.



Draw a line through the orange words to cross them out as we know they aren't true.
The white box shows what is more likely happening.

Playing up

I'm overwhelmed.

Fussy

I have sensory needs.

Don't care

I don't understand.

Rude

I don't understand emotions. I say the first thing I think of.

Impulsive

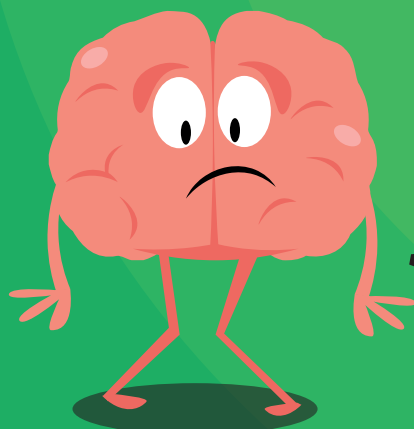
I act without thinking.

Lazy

I get tired or can't remember what to do.

Lying

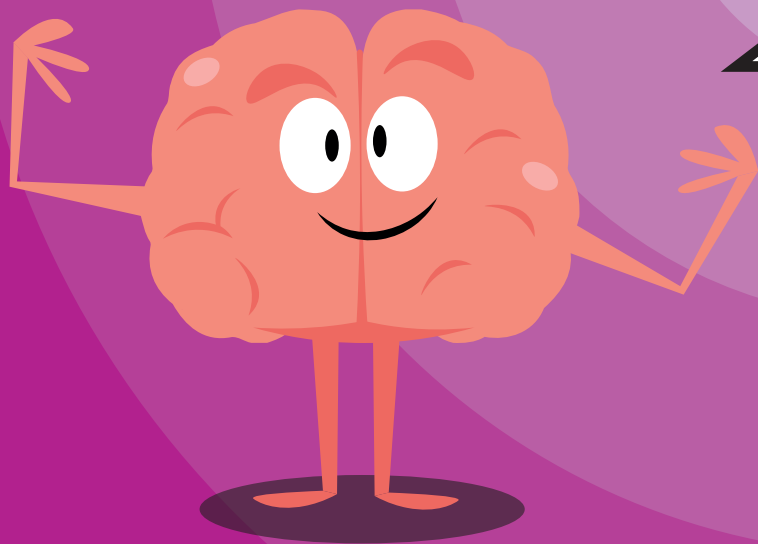
I confabulate, which means my brain fills in gaps in my memory.



When people don't understand FASD they might say things about you that aren't true.



**Things I
find hard**



We are now going to look at some things that you might find hard or frustrating.

Tick the ones you struggle with.



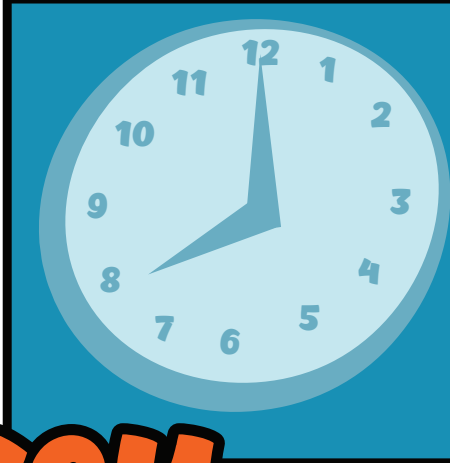
Swear and say mean things?

☐

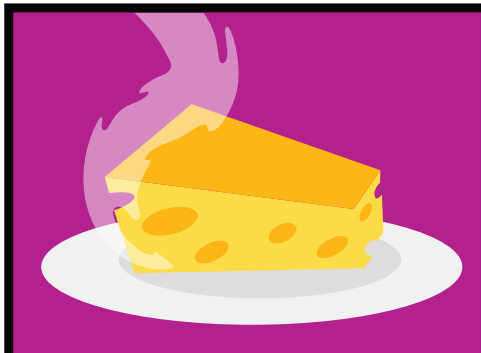
Break things?

☐

Get confused by time?

☐

Feel like you can't stay still?

☐

Get bothered by the way things taste, smell, or feel?

☐

Forget things or get muddled?

☐

Do you...



Have trouble keeping friends?

☐

Do things without thinking first?

☐

Things I find hard or frustrating

Circle all that apply to you.



Toilet

Staying Still

Staying still



Get bored



Tastes



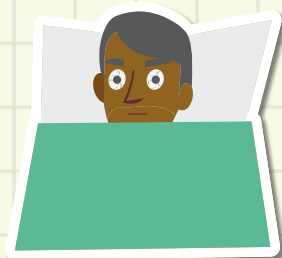
Remembering



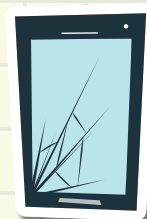
Using nice words/
being polite



Understanding time



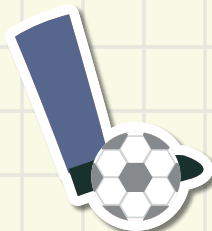
Can't sleep



Breaking things



Smells



Physical problems



Get confused



Brushing teeth



Being quiet



Loud noises

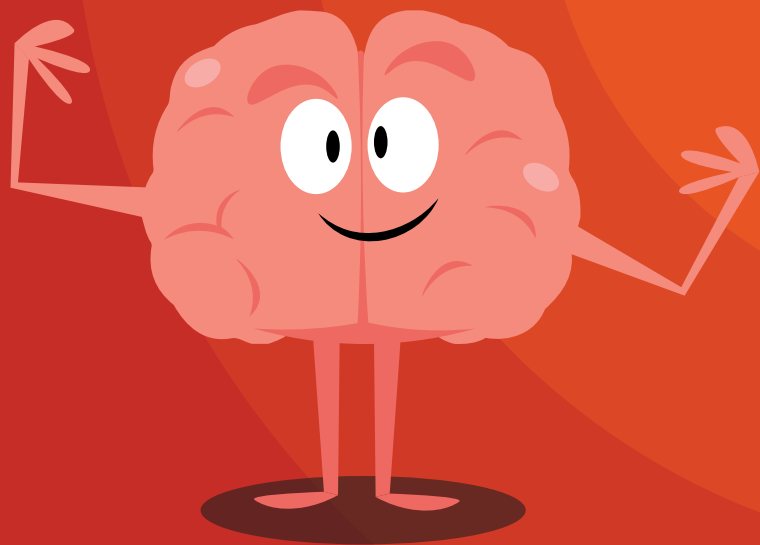
Draw Or Write Your Own



My thoughts



School Dramas



*There are probably some things you
may find frustrating at school too.*

Let's take a look.

Things I find hard at school

Tick all that apply to you.

Too much
to look at.

☐

Subjects like maths
are confusing.

☐

I may not know
where to go.

☐

What is...
 $100 \div 4 = ?$

The teacher
gets mad at you.

☐

It's too noisy.

☐

I get tired.

☐

I get confused by the rules.

☐

What else worries you about school?

Select all the things that bother you about school.

- | | |
|---------------------------------------------------------|-------------------------------------------------------|
| <input type="checkbox"/> School uniform | <input type="checkbox"/> Some kids bully me |
| <input type="checkbox"/> Too many people | <input type="checkbox"/> I get bored |
| <input type="checkbox"/> I can't remember the timetable | <input type="checkbox"/> No one plays with me |
| <input type="checkbox"/> The dining hall | <input type="checkbox"/> People talk too fast |
| <input type="checkbox"/> Changing for PE | <input type="checkbox"/> I forget things |
| <input type="checkbox"/> The teacher getting mad at me | <input type="checkbox"/> It's too noisy |
| <input type="checkbox"/> I can't sit still | <input type="checkbox"/> It smells |
| <input type="checkbox"/> I don't understand | <input type="checkbox"/> I forget what I learnt |
| <input type="checkbox"/> Homework is too hard | <input type="checkbox"/> I don't know what to do next |
| <input type="checkbox"/> I lose things | |

Draw Or Write Your Own

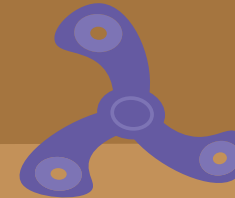


There are some things that can help your brain at school. Which ones do you think would help you?

Tick all that apply.



Calm space I can go to

☐


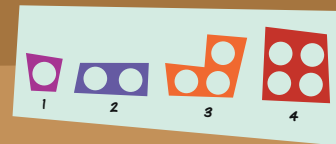
Fidget toy

☐


Worry monster

☐


Time to think

☐


Numicon and number lines

☐

Step-by-Step



Step-by-step instructions

☐


A signal when I need a break

☐


Being able to talk to myself

☐

8:50		Time To Sit	Listen
9:00		Morning Talks	Book Study
9:50		Toilet	Fruit
+ - Mental Maths			

Visual timetable

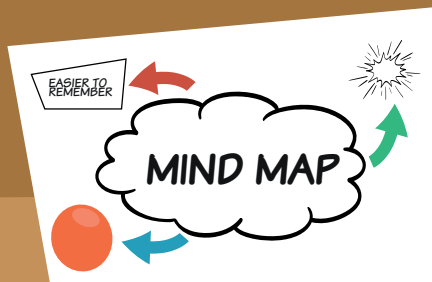
☐



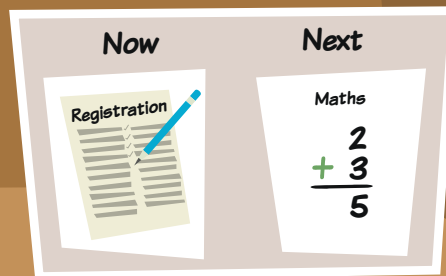
5 Minutes

Time timers

5-minute warnings



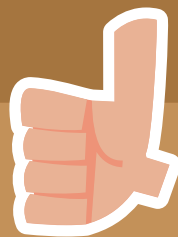
Word and mind maps



Now-next boards



Worry box



Check-in to be sure I understand

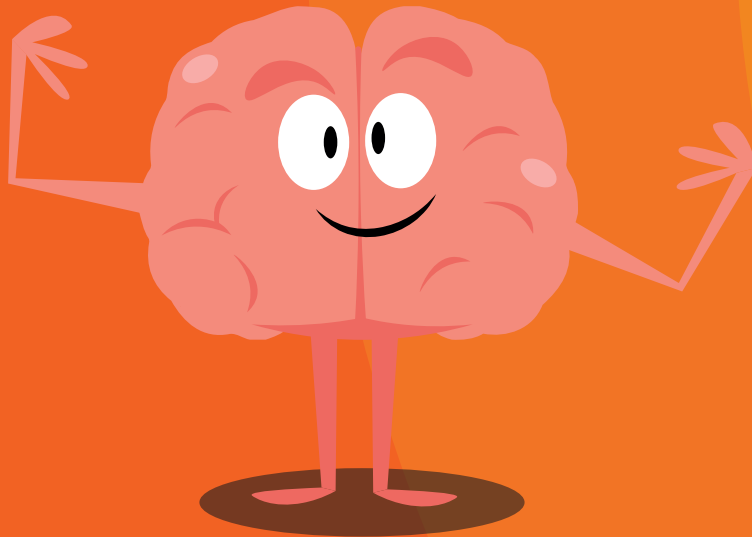
Other things that
could help me at school

My thoughts about school



**Things
that help**

It's common for people with FASD to become dysregulated because of the way their brains are wired.



Dysregulated means the different parts of your brain aren't talking to each other. You become overwhelmed. You and your family will learn strategies to help the thinking part of your brain to get back in control when this happens.

Adults with FASD say this gets better as you get older.

*If you do become dysregulated,
it's not your fault.*

What would you include in your perfect calm space?

Tick the things you'd like in your own super-duper calm space.



Tent ☐



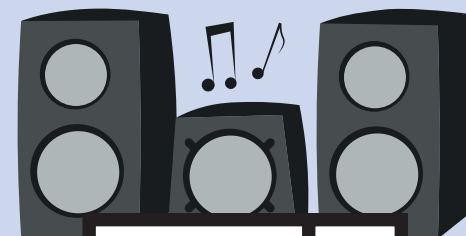
Stuffed animals ☐



Gum ☐



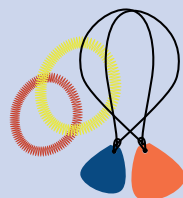
Phone/Tablet ☐



Music ☐



Pillows ☐



Chewable jewellery ☐



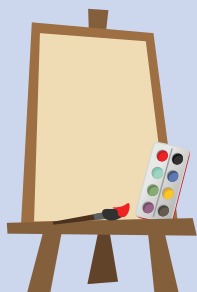
Scented markers ☐



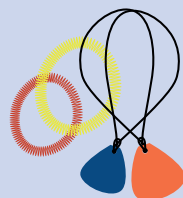
Toys ☐



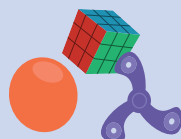
Books ☐



Art supplies ☐



Chewable jewellery ☐



Fidget toys ☐



Heavy blanket ☐



Slime/Putty ☐



Lights ☐

My perfect calm space

Draw a picture of your perfect calm space. You could include the things you selected and add any others that might help.

Things I can do to help and feed



I can listen
to music.



I can pretend to
push the wall to
make the room
bigger.



I can ask an
adult to make
me a pillow
sandwich and I
can pretend to
be cheese.



I can pretend
I'm frozen like
an ice cube. I'll
then pretend I'm
melting.



I can have a
warm bath or
shower with
nice smelling
bubbles.

my senses when I feel dysregulated



I can squeeze my fingers and count slowly.



I can use my words when I need a break.



I can jump, swing or trampoline.

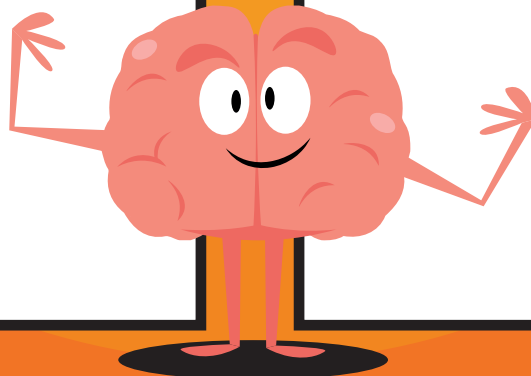


I can do activities that 'cross the midline' or go upside down.

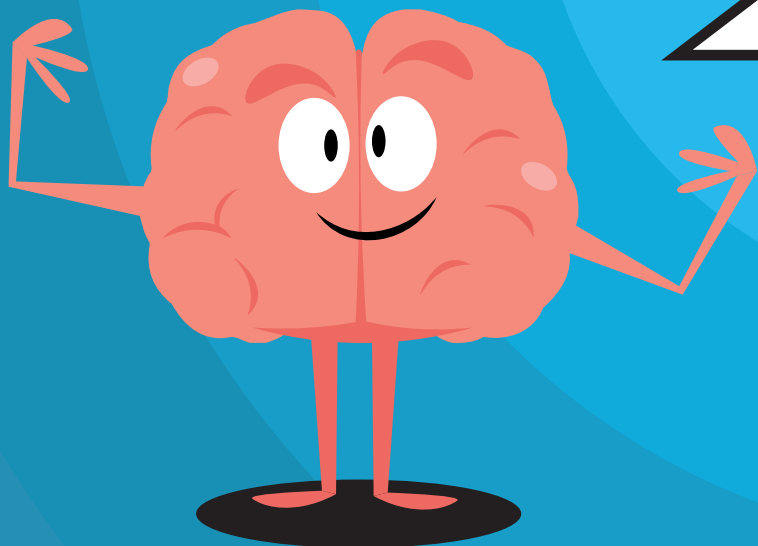
Use the spaces below to write some things you can do when you start to feel upset or become dysregulated.

What works best for me.

What I'd like to try.



**Why I am
awesome!**



You are not alone!

Lots of people have FASD.

*FASD doesn't stop you from
being awesome.*



Circle all that apply to you.

I have lots of energy

I am good at sports

I am a good kid

I like to smile

**Why I am
Awesome!**

I try hard

I help others

I am creative

I am strong

I am good at many things

I am kind

**Write or draw more about
why you are awesome**

My notes



Every brain is beautiful, unique, and full of wonder!
You did it! You learnt about your brain and FASD.
Be proud of who you are!

Your journey is only just beginning.



See you again soon!



www.fasd.me

*This booklet is based on the Me and My FASD interactive comic that can be found by scanning this QR code with your phone or going to this website:
<https://fasd.me/me-and-my-fasd/interactive-comic>*



For more information to help young people understand their FASD diagnosis and learn strategies from others with FASD, scan this QR code with your phone or go to www.fasd.me

