

# A Real-World Guide to Neuro-Affirming Classrooms



CALMING COMMUNITIES  
COUNSELING & WELLNESS

Neurodiversity recognizes that students have beautifully diverse brains with unique strengths. Instead of asking kids to adapt to school – let's shape school environments that adapt to them.

## 1 Lead With Strengths

Focus on what lights kids up and how they creatively solve problems.



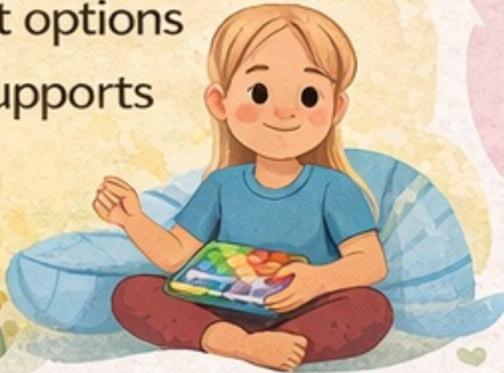
## 2 Honor Student Voice

Include students in decisions about their learning and supports.



## 3 Be Flexible

- Differentiate assignments
- Offer movement options
- Allow sensory supports



## 4 Prioritize Relationships

Create a safe, trusting space where kids feel seen, heard, and valued.



## 5 Embrace Systemic Change

Shift policies, practices, and culture to support truly inclusive schools.



When we build schools that honor and adapt to diverse nervous systems,

♥ **ALL students benefit.** ♥

