

NEURODIVERSE

UNIVERSE



IMAGINING MORE
JUST FUTURES



Neurodiverse Universe

Have you ever heard the word “neurodiversity” before? This word means that all of the brains in the world work differently! And that is a beautiful thing. If we all thought and did things in the same way, life would be boring!

Sometimes people call themselves “neurodivergent,” if their brain doesn’t work the same as what society has called “normal” (or “neurotypical”). “Normal” is just an idea people made up, and actually all of our brains work differently! But neurodivergent is a word that is important to many people because it feels like it fits their experiences in the world and helps them find a community of neurodiverse people like them!

No matter how our brains work, everyone has access needs (things that make communicating, learning, or being in a space work for them and their brains and bodies). Neurodivergent people (along with others) are often fighting to make sure spaces meet access needs for everyone, to make the world more fair!

In this activity, we are going to imagine and create a neurodiverse universe! In this universe, we believe that meeting people’s access needs are important. And meeting those needs is not a burden! But it does take some planning. We need to figure out: what would a world like this look like?

Let’s start by thinking about our own access needs.

What are some of your access needs?
circle them, and add your own!



glasses



people talking to explain things



teachers explaining things slowly



having pictures to explain things



being able to go to a bathroom where you feel safe



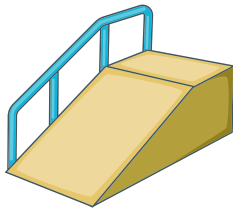
teachers talking loud enough so you can hear



hearing aids

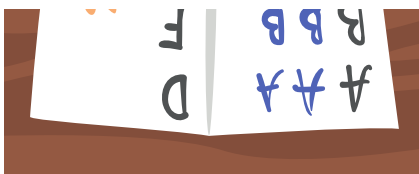


being able to fidget/play with something while you listen (your hair, a pencil, tapping your feet)

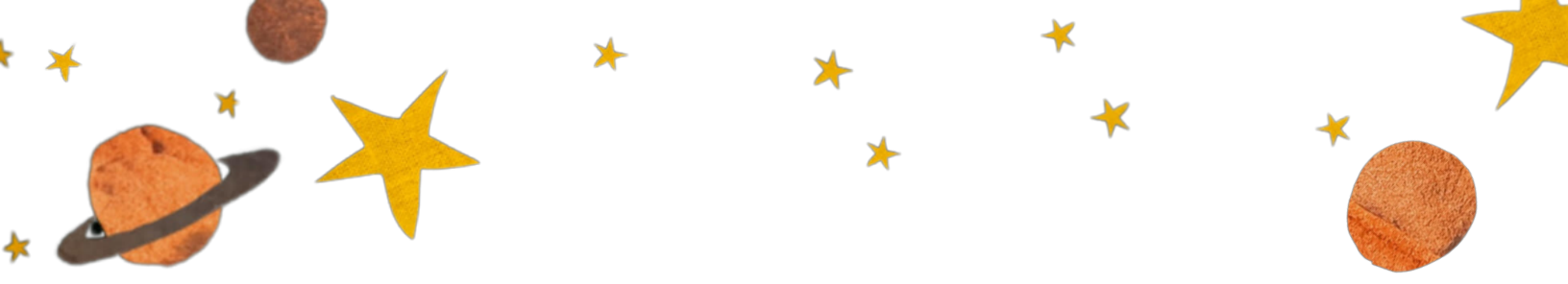


a ramp to get into school

add some of your own access needs here!



books with large letters

The header features a whimsical space theme with several orange-brown planets of varying sizes and several bright yellow five-pointed stars scattered across the top of the page.

Now let's imagine a neurodiverse universe that's accessible for everyone!

Now you've thought about your own access needs. But to create a neurodiverse universe that is fair, we would need to meet all kinds of different access needs that different people have. Let's create!

STEP 1: IMAGINING

Our brains are different, so how we think and imagine is different! You can choose to talk about these questions with another person, you can draw or write your responses, or you can think on your own. Or, you can just read through them and then skip to Step 2 and figure out your answers while you're creating!

- how do people in the neurodiverse universe get around?
- what do they eat?
- where does their food come from?
- where do they live?
- where do they sleep?
- where do they go if they are sick?
- what does the universe look like, smell like, sound like, feel like, taste like?
- how do people work together to make sure that everyone's access needs are met?
- are there rules or laws that everyone has to follow, to make sure people have their needs met? If so, what are they?

STEP 2: CREATING OUR NEURODIVERSE UNIVERSE

Gather art supplies that you like using that can help you create your neurodiverse universe. You can draw it, or make a collage, or make a sculpture with clay or playdoh, or make a diorama. Or you can create it in a way we haven't thought of!

Try to show your answers to the questions in Step 1 in whatever you make!

STEP 3: REFLECTION

When you're done, look back at the questions in Step 1 and think about whether people's access needs would be met. Are there any parts of your universe where some people might be left out? If you want, you can find another person (like a grown-up in your life or a sibling or a friend) and show them your neurodiverse universe. You can tell them about how people's access needs would be met and see if they have other ideas. The worlds we imagine can always change and grow with other people! Do they have any ideas you didn't come up with?



If you want, share your neurodiverse universe with us on Instagram @imaginingmorejustfutures and tell us about it!

@imaginingmorejustfutures

www.imaginingmorejustfutures.com

cover art by @WombatWisdoms