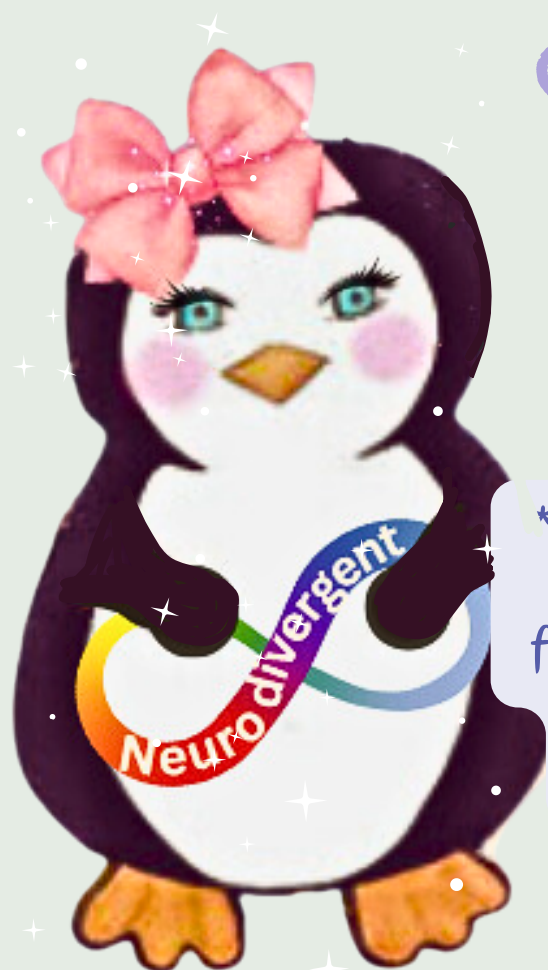


This is Lily\* she is a penguin who knows she is different from the other birds she lives with.



In the next few pages, Lily shares things that would make her life less stressful.



\* Lily is a character from my short story 'A Bird's Tale'





Structure, routine and predictability are important to me.

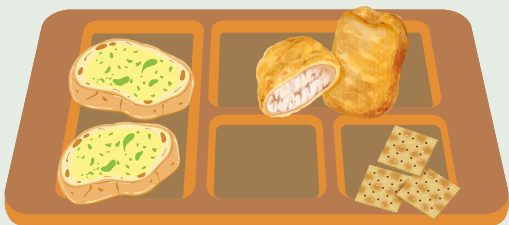
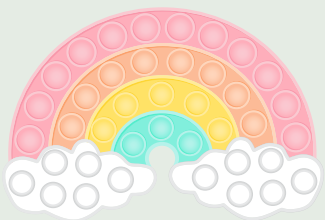


My special interests are very important.

My great attention to detail means I will recognise if any of my important things are out of place.



Please respect  
my sensory  
differences



My sensory differences are real, I need access to  
appropriate accommodations.



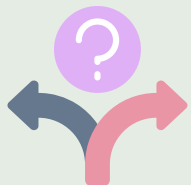


I need people to be clear when they speak to me,  
instructions should be short and specific.

To process  
information



To manage  
transitions



To make  
decisions



Do not rush me!



My play might look different (that's okay) I might be happy to play alone but I also want to feel included.

My central nervous system (CNS) processes information differently, it impacts all areas of my life.



I process information differently meaning my needs may be different, you can think of this like an X-Box vs Playstation or an iPhone vs Android, a Sunflower vs Cactus or a Zebra vs a Horse.







I am kind, detail-oriented and  
great at swimming!