



Dear [insert child's name]

- Here is a letter about the assessment you recently had.
- I learnt that you love [insert passions and hobbies] – do you like the pictures above?
- You are really clever, observant and have a natural curiosity [insert cognitive strengths) to think and learn.
- You were amazing at remembering things. You were also amazing at thinking about lots of complicated things at once. This means you can come up with fantastic ideas, but also means sometimes you have a busy brain. This can be tiring.
- Remember, everyone is unique, and uniqueness is great. Everyone has things they find easier and things they find harder. Which of these things do you think you find easier? [insert range of skills, strengths]



Coming up with fun stories when playing



Remembering things about your interests



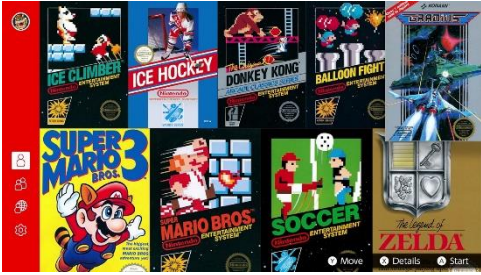
Talking about the things you love



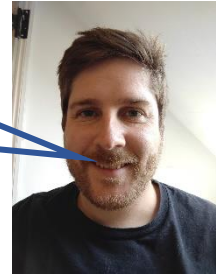
Playing video games



Pretending to be an alien



Like any of these games?
You've already read a page,
not many to go now...



- You sometimes get really interested in your own thoughts and ideas. This can be super fun and enjoyable. But, getting interested in your own thoughts and ideas can sometimes make it hard to do other things. Put a circle around the things below that can sometimes feel hard to do when you are focused on your own thoughts and ideas: [insert range of current challenges]



Doing work at school?



Playing and doing things that other people want to do?



Listening to other people?



Reading and writing quickly?



Eating ice cream?

- The assessment showed that you think and do things in ways that lots of people with a diagnosis of ADHD and Autism do. There is no one thing or set way of what autism and ADHD is. Everyone who is autistic and has ADHD is different and unique. Understanding your autism can help you to live your best life, feel confident and do all the things in your future that you want to do.
- Autism and ADHD do not need to hold you back. Elon Musk has autism like you. The ideas listed below might be linked to your mild autism and ADHD. Circle the the ones you think are linked to your autism: [insert range of current behaviours and areas of neurodivergence/neurodiversity]



Needing people to be precise and accurate in what they say



Thinking lots about vintage Nintendo, Tesla and my other interests



Feeling distracted at school when work can sometimes be hard or boring



Feeling like other children can focus more easier on work than me



Getting annoyed at, or confused with other people when they don't want to do what I want to do



Needing to know answers, the truth, about important things in life



Having strong opinions about people and things



Sometimes feeling stressed, overwhelmed or tired when there is lots going on around me



Spending time on my own to relax but also wanting to feel special with others



Liking things to be predictable, the same, and ordered.

- Learning about your autism and ADHD can be interesting, rewarding and a fun journey to go on. Here are some people with autism and/or ADHD who have already gone on that journey of self-discovery. Circle your favourite people. You can learn about the people you do not yet know about.



Scott Kelly – Astronaut



Elon Musk – Tesla, SpaceX. One of the richest people on the planet.



Dav Pilkey – author and illustrator of Captain Underpants



Walt Disney – the creator of Mickey Mouse and much-loved animations



Alexander Graham Bell – inventor of the telephone



Albert Einstein – The most well-known Physicist



Simone Biles – multi Olympic Gold winner



Satoshi Tajiri – Creator of Pokémon



Liane Holliday Willey – Internationally-renowned author



Anthony Hopkins – Award winning actor



Stephen Wiltshire –artist who draws cityscapes from memory



Susan Boyle – Worldwide renowned signer



Anne Hegerty – Known as ‘the governess’ from the Chase on ITV



Ladyhawke – Singer-songwriter from New Zealand



Guy Martin – Motorcycle racer, TV personality



Chris Packham – TV personality and naturalist



Hannah Gadsby – Comedian



Bram Cohen – Inventor



Michelle Dawson – highly respected researcher



Heather Kuzmich – model



Jessica-jane Applegate – gold medallist swimmer



Lizzy Clark – Actor



Henriett Seth – World renowned writer, artist and poet

- Not everyone has autism and ADHD becomes famous! But being autistic is not something that will stop you doing the things you want to do.
- Lots of gaming and Tech and software companies employ people with autism and ADHD because of the superpowers people have in being able to focus on their passions and spend lots of time thinking about them. Microsoft, Nintendo, Meta, Google, IBM, Tesla, SpaceX, Dell, and Aspiritech all have reputations for employing people who have ADHD and/or autism.



I really enjoyed meeting you. Thank you for the effort you put into the activities we did together.

Your assessment with me is now officially completed. If the assessment was a Nintendo game, you've just completed it!

You can talk to your parents if you have any questions about this letter.

Goodbye