

my SPECIAL NEEDS HANDBOOK!

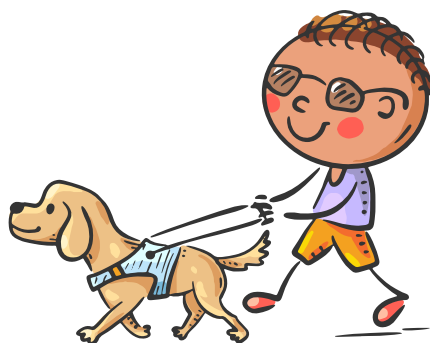


by
Brace Foundation



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What Is Special Needs?



Special needs is having a unique manner for how you learn, move, or communicate, which may differ from the typical way of learning,



Some people's brains or bodies work a little differently, and that's okay!

It just means they might need extra help or different tools to do things like reading, writing, or even playing.



Think of it like this:

Most people
learn by
reading a
book.



Someone
with special
needs might
learn better
by listening
to an
audiobook or
using
pictures.



It's not about being "better" or "worse"—it's about finding what works best for each person.



Examples of Special Needs



Here are some real-life examples to make it easy to understand:

1. DYSLEXIA

Dyslexia makes reading and writing harder. Letters might look mixed up, or it might take longer to sound out words.



Example: Imagine trying to read a book, but the words keep dancing around the page. That's what it can feel like for someone with dyslexia.



People with dyslexia have tools that may help.

They may use an audio-book or the text to speech function on their computers to help read and communicate better in written form.



Strengths: People with dyslexia are often amazing at solving puzzles, thinking creatively, or seeing the big picture.



2. AUTISM:

Autism means someone's brain works in a unique way.

They might find social situations tricky or have super-focused interests.

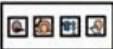


Example: Think of someone who loves trains and knows everything about them but finds it hard to make small talk at a party.



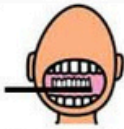


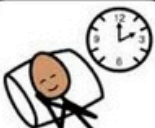










People who have autism may use visual schedules to help with organization.

They may also need a quiet space they can retreat to prevent overstimulation of the brain.



Daily Schedule

| | | | | |
|---|---|--|---|---|
|  breakfast |  bathroom |  brush teeth |  snack |  lunch |
|  school work |  nap time |  relax |  dinner |  jobs |
|  shower |  bath |  get dressed |  put on pyjamas |  bed time |

Strengths: Many people with autism are great at noticing details, remembering facts, or thinking logically.



3. ADHD

ADHD makes it hard to focus or sit still.

It's like having a brain that's always running in 10 directions at once.



Example: Imagine trying to do homework while your brain keeps saying, *"Hey, let's think about dinosaurs instead!"*



Strengths: People with ADHD are often full of energy, creative ideas, and can think outside the box.

People with ADHD may need a fidget tool to help calm them or to stay still and focus.



Hey, everyone's brain works differently, and that's okay!

4. PHYSICAL DISABILITIES

Some people have bodies that work differently, like needing a wheelchair to move around.

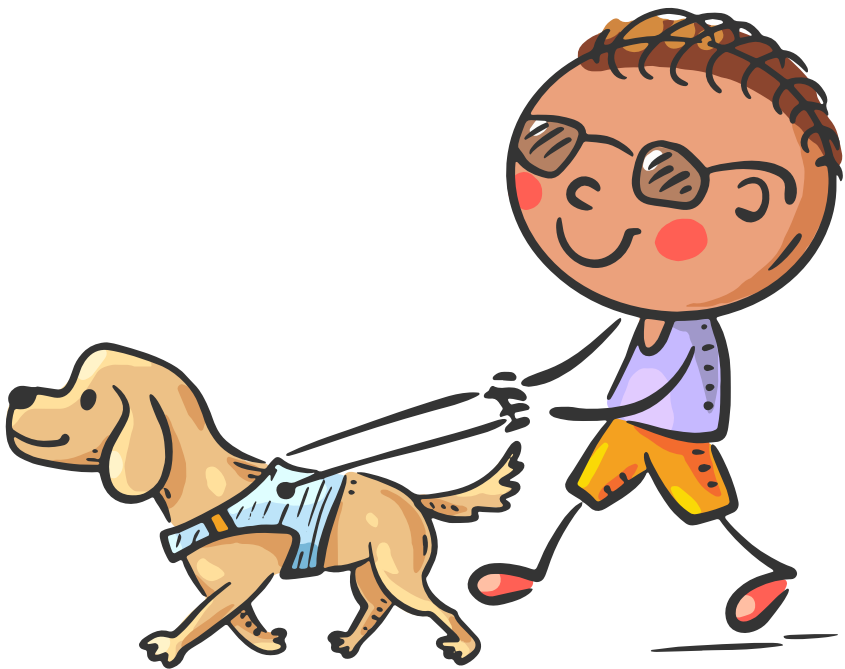


Example: Think of someone who uses a wheelchair to play basketball.

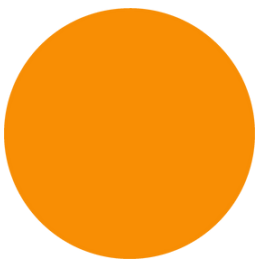
They might not run, but they're still an amazing player!



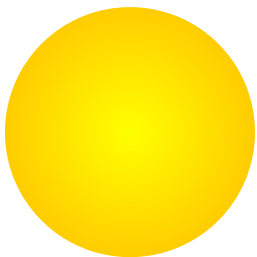
Strengths: People with physical disabilities often develop incredible problem-solving skills and resilience.



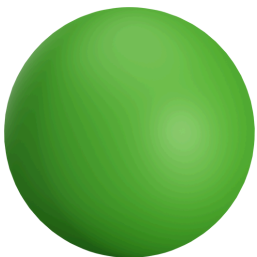
In Summary



Some people
learn by
"reading"



Some people
learn by
"listening"



Some people
learn by "doing"



In Summary

DYSLEXIA



AUTISM



ADHD



PHYSICAL DISABILITY



Different tools help different people succeed

Why Does any of
This Matter?



It helps us understand that Special needs isn't about being "broken" or "less than."

They're just about being different and difference is awesome!



Everyone has strengths and challenges, and with the right support, people with special needs can do amazing things.

Think of special needs like this:

If everyone were the same, the world would be boring.



Special needs make the world more interesting, and creative less self-centered.

Personal Note from Brace Foundation for Children



**BRACE
FOUNDATION**

Embracing Special Needs with Love

We hope you enjoy reading or listening to this short book on what special needs are? And more importantly, we hope that it was useful to you in some way.

Please note that this is by no means an exhaustive text on special needs.

Special needs are an entire spectrum involving a wide range of issues that need to be tackled individually.



If you or someone you know is facing any kind of challenge, it's important to seek the right support.

Please contact a professional such as a special needs educator, psychologist, therapist, or consultant who is trained to help in these situations.

They can provide proper assessments and give you more detailed information tailored to the specific needs or concerns at hand.

Please do not feel isolated in this challenge as there are many others dealing with various situations some of which may be similar to yours.



We at Brace Foundation for Children care and remain committed to our goal of important with special needs by providing qualitative support for their education.

THANK YOU
FOR READING

Brace Foundation

