



## Understanding & Fostering Welcoming Spaces for Neurodivergence UNITE Workshop Worksheet

### Reflect

Think about a time when you made assumptions about someone who was neurodivergent. What assumption did you have? Where do you think this came from? What negative stereotypes and stigma have you heard about neurodivergent people? \_\_\_\_\_

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### Reflect & Share

What is something you learned from the last few slides? If you didn't learn anything new, what is something that you already knew that was reinforced?

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### Pair & Share

What do you know about the neurodiversity paradigm? Describe its importance and relevance.

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### Small Group Activity

Share a time when you have witnessed or learned about an example of the strength of neurodiversity on or around campus.

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### Self-Reflection Activity (Introspectively)

What can you do in the next 2 weeks to continue your introspective journey related to supporting Neurodiversity at and beyond UNC?

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### Pair & Share Activity (Passively)

What systems do you currently have in your workplace to support and empower neurodiversity?  
If you can't think of any, what systems can be implemented to support and empower Neurodiversity in your workplace?

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### Reflection Activity (Actively)

Phases of Maintaining Regulation:

1: Prioritize Sensory Improvement

2: Encourage Stimming

3: Develop Emotional Granularity

4: Build a Shared Language

5: Design Rituals\_\_\_\_\_

