

Autistic people all share a number of different traits. How those traits are experienced is unique to each person. We can consider autistic traits as neutral, neither good nor bad, they are simply the effect of how the brain is structured, wired, and uses chemicals.

The environment can impact how a trait is expressed. For example, the ability to focus deeply on work that is of high interest can be rewarding, regulating and meaningful - that's a strength. If, at school or work, an autistic person is asked to transition away from this deeply focused work, that can be dysregulating, stressful and overwhelming - creating challenge.

These cards were created to help children recognise that the parts of themselves they love, the way they think, notice, create and connect, aren't separate from autism. They exist as part of it. My hope is that this understanding becomes the foundation for a confident, authentic and proud autistic identity.

You might not have a diagnosis yourself but the heritability of autism is high (estimated between 70–90% depending on the research). So while you might not carry a formal diagnosis, chances are you share some traits with your child. And nothing builds a stronger sense of self than the feeling of belonging that comes from knowing the people who love you most understand and experience the world in similar ways.



How to use these cards

You might like to print the autistic strengths cards, cut them out and explore them as a family. Identifying those strengths that resonate with you, those that don't, and the strengths family members share - building that sense of neurokin within your own family.

Autistic Strengths Cards



Autistic Strengths Cards

Different Drummer



You don't just follow the crowd
—you do things in your own
creative way.

Nature Lover



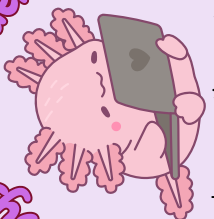
Spending time in the garden, at
the beach, or in the bush
recharges you.

Super Sorter



You enjoy sorting things into
categories and making sure
everything has its place.

System Builder



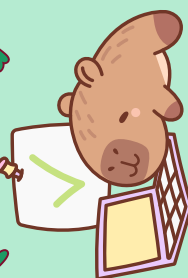
You love creating systems
that make sense and keep
things in order.

Familiar Feels



You love being in places,
wearing clothes, or doing
activities that you know well
and that are comfortable.

Fix It Friend



When something isn't working,
you enjoy figuring out how to fix
it or a better way to do it!

Inventor Brain



You love inventing, building,
designing, or making things.

Time Traveller



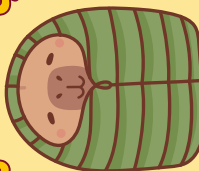
You like to plan ahead to
imagine what needs to
happen next.

List Lover



You enjoy making checklists or
writing things down to help you
remember and stay organized.

Power Saver



Your body tells you when its
time to rest and recharge.

Memory Master



You remember facts, dates,
and information really well,
especially about topics you
love.

Efficiency Expert



You figure out the best way to
do things and stick to what
works.

Autistic Strengths Cards

Prepared Pal



You feel best when you have a plan! You like to be prepared so that you're ready for anything.

Humming Star



Flapping, rocking, tapping, or humming—moving in ways that feel good helps you express and regulate!

Pattern Finder



You notice patterns in numbers, words, ideas, or the world around you—seeing connections others might miss!

Big Heart



You feel things deeply—whether it's love, excitement, or sadness, your emotions are powerful and real!

Laugh a Minute



You love using playful humor to connect with others and make people smile!

Inner Connection



Connection goes beyond eye contact for you, you don't need to be looking to listen and to engage with others.

Curious Questioner



You love asking lots of questions because learning and understanding the world is exciting for you!

Freight Talker



You get straight to the point!

Multitasking Listener



You actually listen better when doing something with your hands — like doodling, fidgeting, or pacing.

Flow State



When something interests you, you can focus so deeply that the rest of the world disappears!

Heart Reader



You can sense other people's emotions, even when they don't say how they feel—you just know!

Big Ideas



Your imagination is HUGE! You love creating stories, ideas, or entire worlds in your mind!