





NICE FOR  
PIKNICKS

TO NORTH POLE

BIG  
STONES  
AND  
ROX

BEE  
TREE

SANDY PIT  
WHERE ROO PLAYS

RABBITS  
HOUSE

RABBITS  
FREINDS AND  
RALETIONS

MY  
HOUSE

POOH BEARS  
HOUSE

SIX PINE  
TREES

POOH TRAP FOR  
HEFFALUMPS

OWLS  
HOUSE

PIGLETS  
HOUSE

100 AKER  
WOOD

WHERE THE  
WOZZLE WASNT

EYORES  
GLOOMY  
PLACE

FLOODY  
PLACE

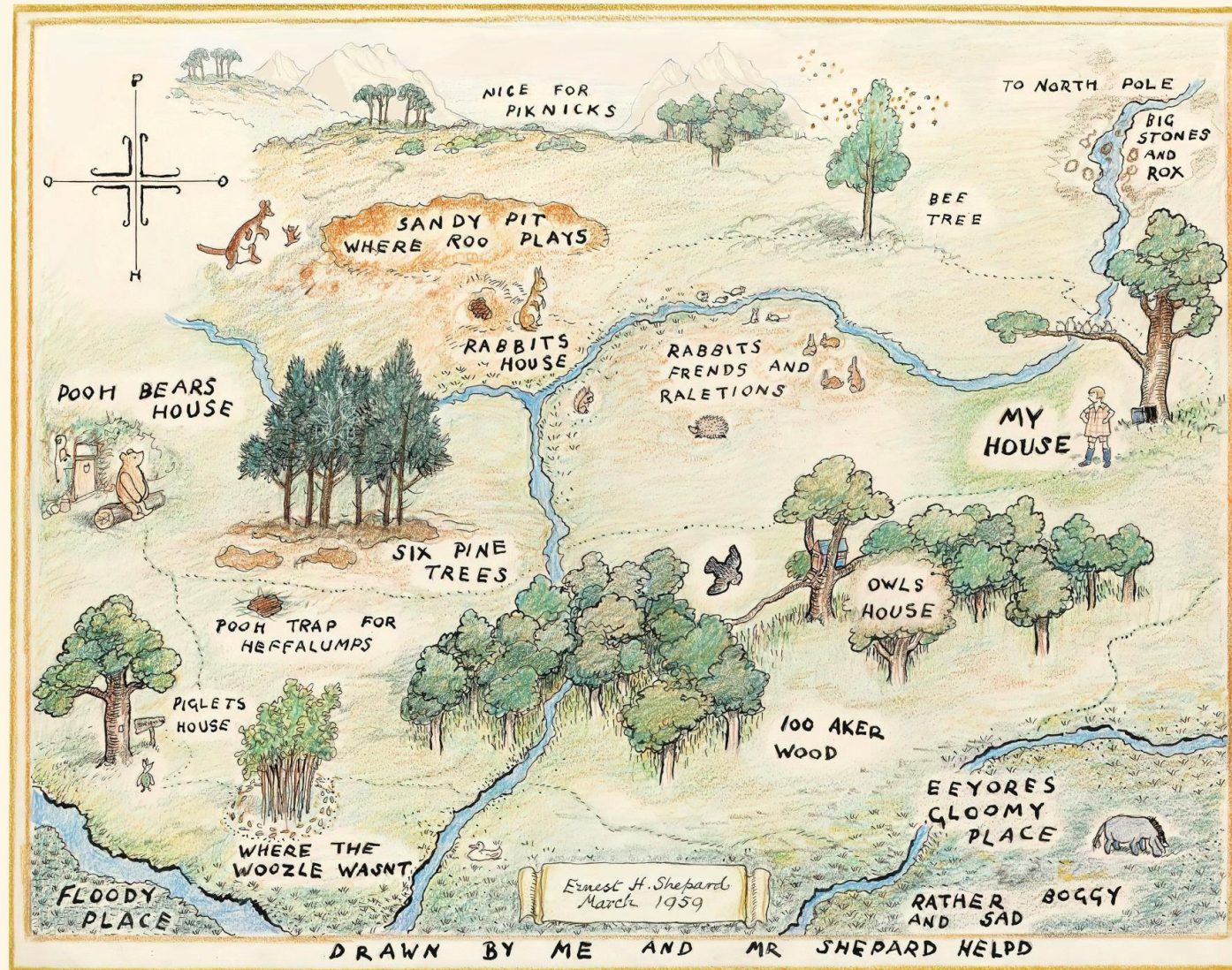
RATHER BOGGY  
AND SAD

Ernest H. Shepard  
March 1959

DRAWN BY ME AND MR SHEPARD HELPD



THE CHARACTERS IN THE HUNDRED ACRE WOOD ALL THINK, FEEL AND EXPERIENCE THE WORLD DIFFERENTLY.



THEY ARE STILL FRIENDS AND BELONG TOGETHER.



TIGGER - energetic, impulsive, enjoys movement

OWL - confident with language and knowledge, gets sounds muddled

PIGLET - cautious, reflective, emotionally aware

WINNIE-THE-POOH - thoughtful, kind, slow problem solver

RABBIT - organised, likes plans and structure

Eeyore - reflective, sensitive, thoughtful

NEURODIVERSITY

Tigger → Traits sometimes associated with ADHD

Tigger is extremely energetic, impulsive and always moving.

Similarities people notice:

- Constant movement and bouncing
- Acting before thinking
- High enthusiasm and excitement
- Difficulty sitting still or slowing down

These behaviours can resemble traits often seen in Attention Deficit Hyperactivity Disorder such as hyperactivity and impulsivity.



Winnie-the-Pooh → Often linked with inattentive ADHD traits

Pooh is gentle and thoughtful but frequently loses track of what he is doing or thinking about.

- Easily distracted - he often forgets his original plan while thinking about honey
- Slow processing / "thinking, thinking, thinking" before answering
- Forgetfulness - he misremembers things or loses track of ideas
- Difficulty following complex plans made by characters like Rabbit



Rabbit → Traits sometimes associated with Autism Spectrum Disorders

Rabbit is very structured and likes things done a certain way.

Similarities people notice:

- Prefers routines and order
- Becomes frustrated when plans change
- Focuses strongly on organisation and rules
- Struggles when others behave unpredictably

These behaviours can remind people of traits associated with Autism Spectrum Disorder, particularly a strong preference for structure and predictability.



Owl → Traits sometimes associated with Dyslexia

Owl is very clever and can read and write, but the text often shows that his spelling and writing are incorrect

Similarities people notice:

- Difficulty spelling words correctly
- Writing words inaccurately
- Using spoken language confidently
- Having great ideas

These traits are sometimes linked to characteristics of Dyslexia, which affects reading and spelling.



Lizzie Finlay

# Dandy Lion



Being different  
is special



"... A WEED IS ONLY THE NAME OF A WILDFLOWER GROWING IN THE WRONG PLACE."

THINKING STYLES	POSSIBLE STRENGTHS	POSSIBLE CHALLENGES
<p>Their senses (sound, light, touch, smell) are very powerful.</p>	<p>Notices things others don't            May be very artistic or musical            Can be very aware of the environment</p>	<p>Loud noises or bright lights can feel overwhelming            Certain clothes or textures might feel uncomfortable            Busy places can feel exhausting</p>
<p>Their feelings can be very big and powerful.</p>	<p>Very kind and caring            Notices when others feel sad or left out            Passionate about things they care about</p>	<p>Feelings can get overwhelming            Small problems can feel very big            Might need extra time to calm down</p>
<p>Their brain works like a firework – ideas popping everywhere.</p>	<p>Very creative            Good at coming up with new ideas            Often funny and imaginative</p>	<p>May interrupt or talk a lot            Ideas move so fast it's hard to organise them            Can forget instructions</p>
<p>Sometimes their brain zooms in on one thing like a microscope.</p>	<p>Can concentrate for a very long time            Notices tiny details others miss            Can become very skilled at things they love</p>	<p>May find it hard to stop or switch tasks            Might forget other things around them            Changes in plans can feel difficult</p>
<p>They see the whole idea first rather than small steps.</p>	<p>Great imagination            Good at storytelling and design            Often very curious about the world</p>	<p>May skip steps in work            Organisation can be tricky            Instructions might feel confusing</p>



Some people lights shine when they are able to move and think at the same time.

Some people's light shine when spotting patterns and details.

Some people's light shines in their imagination and big ideas, even if writing is tricky.

# Perspective Changes Everything

Look carefully at the dandelion and think about how it can be seen in different ways.

Then, on one half of the page, draw the dandelion as a weed growing in a garden.

Finally, on the other half of the page, draw the same dandelion as a flower growing in a meadow.



Sometimes we decide something is good or bad just by where it is or what we expect to see.



Differences aren't problems, they're part of nature's variety.  
When we understand each other better, we see strengths instead of 'weeds'.

