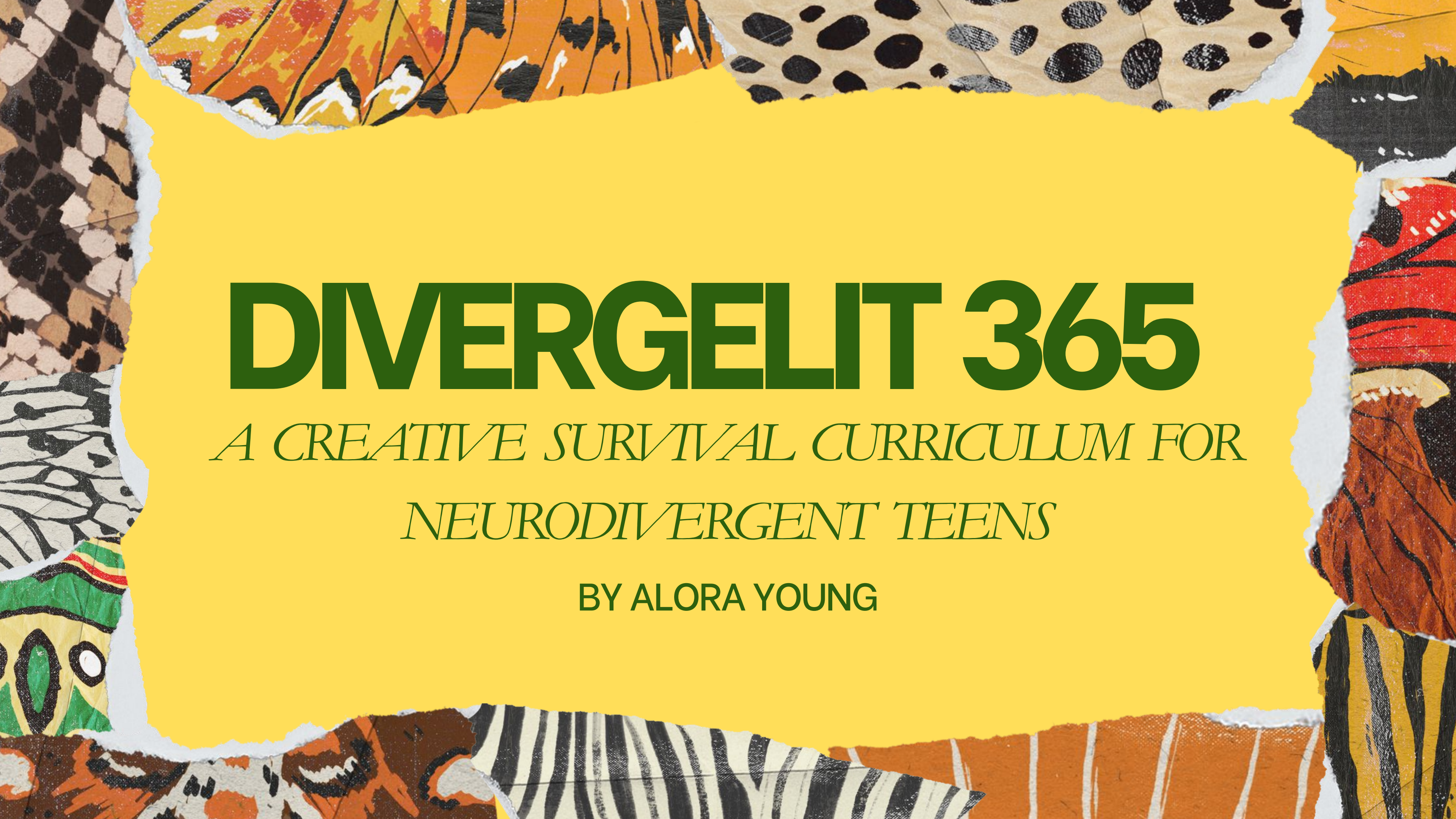




DIVERGELIT 365

*A CREATIVE SURVIVAL CURRICULUM FOR
NEURODIVERGENT TEENS*

BY ALORA YOUNG

CORE PRINCIPLES

- CREATIVITY IS SURVIVAL
- A CURRICULUM BUILT AROUND HOW NEURODIVERGENT MINDS ACTUALLY WORK
- A PROGRAM THAT FITS THE BRAIN INSTEAD OF RESHAPING IT
- SHAME IS THE ENEMY OF LEARNING
- EVERY BRAIN IS VALID, EVERY PROCESS IS HOLY
- WE COLLABORATE WITH THE BRAIN, NOT AGAINST IT
- THERE ARE NO WRONG MEDIUMS

STRUCTURE

- Modular, nonlinear, dopamine-friendly
- Built on 3 pillars:
 1. Know Your Brain: self-awareness, interoception, shame resistance
 2. Use Your Flame: poetry, art, performance, expression
- Shape the World: advocacy, activism, creative community projects
- Each activity offers multiple entry points based on if you are Tired, excited, anxious, or overstimulated



CYCLE THEME: CREATIVITY AS A SURVIVAL TRAIT

1

THEME: WELCOME

“YOUR BRAIN IS NOT BROKEN“

BUILD A PERSONAL “BRAIN MANUAL“ ZINE. NAME YOUR SURVIVAL TRAITS.

2

THEME: SENSORY AWARENESS

EXAMPLE ACTIVITY: SENSORY MAPPING; CREATE INTEROCEPTION JOURNALS USING VISUAL METAPHORS.

3

THEME: SHAME RESISTANCE

“INDIGNANT THE LIE“

EXAMPLE ACTIVITY: TURN INTERNALIZED NEUROTYPICAL NARRATIVES INTO SOMETHING CREATIVE & DEVELOP ROUTINES TO CALM ANXIETY AND IMPROVE SELF-IMAGE

4

THEME: EXECUTIVE FUNCTION

“THE TASK IS NOT THE TASK“

EXAMPLE ACTIVITY: CREATE MODULAR TO-DO MENUS. DESIGN RITUALS FOR STARTING.

5

THEME: DOPAMINE LITERACY

“START BEFORE YOU FEEL LIKE IT“

EXAMPLE ACTIVITY: TRACK DOPAMINE CURVE. BUILD A “JOY MENU“ OF TASK IGNITION TOOLS.

6

THEME: SPECIAL INTERESTS

“OBSESSIONS ARE OFFERINGS“

EXAMPLE ACTIVITY: TURN A CURRENT HYPERFIXATION INTO A CROSS-DISCIPLINARY RESEARCH AND ART PROJECT.

7

THEME: FLOW STATES

EXAMPLE ACTIVITY: DOCUMENT CREATIVE STATES. PRACTICE ENTRY/EXIT RITUALS. IDENTIFY PEAK TIMES.

8

THEME: CELEBRATION

“YOU ARE THE CURRICULUM“

EXAMPLE ACTIVITY: PUBLIC SHOWCASE OF WORK. REFLECTIVE COLLAGE: “WHAT I’VE LEARNED FROM MY BRAIN.“



WHAT MAKES IT DIFFERENT

TECHNIQUES AND TOOLS FOR IDEA GENERATION

BUILT BY:

a neurodivergent educator for neurodivergent students

Not An Accommodation:
but a liberatory way to learn

EXECUTIVE DYSFUNCTION

becomes part of the architecture of lessons

SPECIALIZED CREATIVITY

Dopamine hooks, hyperfixation projects, and
“joy menus” are built in to ignite motivation

STUDENTS

do not just create art, they build tools for
survival



MATERIALS

TECHNIQUES AND TOOLS FOR NEW ERAS OF EDUCATION

THE HYPERFIXATION GUIDE

Helps students channel obsessive focus into joyful, sustainable projects. **Tools:** Purpose Funnel, Hyperfixation Logs, Obsession Altars, Project Shrines. **Recognizes** hyperfixation as a sacred neurodivergent learning style, NOT a problem. **Outcome:** Honors and harnesses intense interests into interdisciplinary expression

4TH GRADE: A SPOKEN WORD EDUCATION

fourth-grade education taught in spoken word poetry, from the Planets to fractions, to the Revolutionary War, we go through the most important pieces of what it takes to pass fourth grade for fourth graders—intended to be a teaching tool for educators to introduce topics throughout the school year

CREATIVE NEUROCHEMICAL MAPPING:

Track and understand neurotransmitters (dopamine, serotonin, cortisol, etc.) through poetic science

HYPERFIXATION MASH UP DECK

There are two sets of cards, one has hundreds of possible things you could hyperfixate on, from victorian architecture, to kpop, to the history of the washing machine. And the other set of cards has exciting ways you could combine two of the Hyperfixations.

Results and classroom tools

- **Brain Manual zines** – students create personal guides to their minds
- A personal Neurodivergent Creativity Map
- **Hyperfixation starter packs and badges** – celebrate obsessions, not suppress them
- **The Weather Inside** – a poetic interoception guide for naming emotions
- **Dopamine trackers and gamified menus** – make motivation visible and fun
- **Meltdown recovery kits and sensory stations** – normalize rest and repair
- Spoken word poetry as a literacy intervention and self-expression tool
- **Interoception journals** and creative states mapping
- **Confidence and public speaking skills** through slam-style performance
- **Blackout poetry** rituals to turn shame into power
- **Hyperfixation mash-up projects** that mix art, research, and obsession
- **Slam showcases, zines, podcasts, and community action pieces**
- Portfolios of poems, zines, scripts, collages, and self-interviews
- Students leave knowing: **“My brain is not broken. My brain is brilliant.”**
-



MONTHLY THEMES



The Operating System

Build your Brain Manual,
map sensory needs



Time Is a Liar

Explore time blindness,
task ignition rituals



Shame Burning

Blackout poems, unlearn
ableism, reclaim pride



Special Interest

Turn hyperfixations into
art and research





MONTHLY THEMES



The Body as Creative Compass

Stimming, sensory rituals, embodied creativity



Creativity as Regulation

Learn to use art for emotional balance



Neurochemical Strategy

Dopamine literacy and brain-state mapping



Nonlinear Narratives

Fragments, loops, spirals instead of linear stories





MONTHLY THEMES



Flow + Friction

Find flow states, manage
hyperfocus crashes



Invented Rituals

Design personal rituals
for making, resting,
celebrating



Creative Survival Systems

Build toolkits, zines, and
visual schedules



Celebration + Showcase

Final projects, public
performances, group
zines

