

Neurodivergent Parent Support Services (NDPSS)

*Empowering Neurodivergent Families with Knowledge,
Support, and Advocacy Skills*



The Rising Navigators (Ages 9–12)

 **Dates: July 14–17, 2025**

Day 1 – Knowing Me (Self-Awareness)

Tweens will dive into emotional literacy and self-understanding, exploring how their brain, body, and emotions interact. Activities include emotion mapping, strength reflection, and identifying personal sensory needs – all framed through a neurodiversity-affirming lens.

Day 2 – Calm in the Chaos (Self-Management)

We'll introduce more complex regulation tools for handling frustration, transitions, and social stress. Participants will create personalized “Regulation & Reset Plans” using visual supports, movement routines, and tools for managing big emotions at school and home.

Day 3 – Walking in Their Shoes (Social Awareness)

Through peer scenarios, small group projects, and games that challenge flexible thinking, tweens will strengthen empathy and cognitive flexibility. Focus areas include navigating peer dynamics, noticing non-verbal communication, and building curiosity about others’ perspectives.

Day 4 – Speak Up & Show Up (Relationships + Advocacy)

Tweens will practice healthy assertiveness, consent, and boundary-setting. They'll learn how to express needs without apology, reflect on how to repair relationships, and participate in a group celebration of growth, strengths, and teamwork.

Each day includes:

- ✨ Morning welcome and body check-in
- 🎨 Creative reflection activity
- 🍱 Sensory/social break - please bring a snack and lunch
- 🧠 Strategy building or group challenge
- ☀️ Wrap-up & parent-friendly take-home sheet