

# Neurodivergent Parent Support Services (NDPSS)

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



## Week 1 – The Bright Explorers (Ages 7–9)

 Dates: July 7–10, 2025

### Day 1 – Knowing Me (Self-Awareness)

Children will explore their emotions, sensory preferences, and unique strengths through games, storytelling, and body-based activities. They'll begin building an emotional vocabulary, identifying when they feel calm, curious, frustrated, or overwhelmed – and reflect on what helps them feel safe and confident.

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

This day focuses on regulation. Kids will experiment with movement breaks, deep breathing, visuals, and cozy spaces to learn how their body responds to different feelings. Each child will create a visual “regulation toolkit” with strategies they can use in real-world settings.

### Day 3 – Walking in Their Shoes (Social Awareness)

Through cooperative games, social stories, and perspective-taking activities, participants will build empathy and practice noticing how others may think or feel differently. The group will also explore fairness, turn-taking, and recognizing social cues.

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

Children will role-play how to ask for help, set simple boundaries, and repair after misunderstandings. They'll create “strengths shields” to celebrate who they are and practice expressing needs in a way that feels safe and empowering.

## Week 2 – The Rising Navigators (Ages 10–12)

 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
-  Please a snack and lunch + sensory/social break
-  Creative reflection activity
-  Strategy building or group challenge
-  Wrap-up & parent-friendly take-home sheet