

NAVIGATING THE NEUROSPICY FESTIVE SEASON


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Sensory overload, social anxiety, and the pressure to conform to conventional expectations can make this time of year stressful for neurodiverse people. Change in routines; increased social interactions; intense sights, sounds and smells can be overwhelming for someone whose brain already processes differently.

However, with planning, good communication and some small considerations it is possible for everyone to have a good time, in a way that works for them. We have put a neurospicy spin on a classic board-game to help show what it can be like to navigate this time of year.

If you would like to learn more about neurodiversity check out these links below:

daisychainproject.co.uk
bdadyslexia.org.uk
autism.org.uk
mind.org.uk

INSTRUCTIONS

GAME SET UP

You will need:

- Printer
- Scissors (optional)
- Tape
- Dice

Set up instructions:

- Download this flip-book by clicking the icon in the control panel.
- Print page **6** and **7**
- You can cut out player tokens from the side of the board. Alternatively you could use coins, badges or small toys.



HOW TO PLAY

You may know snakes and ladders already but just in case here are the basics:

- On your turn, roll the die and move your token forward the number of spaces indicated.
- If you land on a **LADDER**: Congratulations! you've been taken care of, climb up to the square at the top of the ladder.
- If you land on a **SPICY SNAKE**: Uh-oh! you're face to face with a neurospicy challenge, slide down to the square at the bottom of the snake's tail.
- If you roll a six? Lucky you! You get an extra turn.
- Play passes to the next player in a clockwise direction.
- The first player to reach the finish line wins.
- You need to roll the exact number to reach the finish.

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FINISH

41. YOU'RE ENJOYING CHILLING IN THE BACKGROUND, SUDDENLY THE HOST FORCES YOU TO JOIN IN A GAME.

40.

29.

30.

31.

28. FOUND OUT AHEAD OF TIME THAT A NUMBER OF YOUR SAFE FOODS ARE INCLUDE IN THE MEAL OPTIONS.

27.

26.

15.

16. FORGOT YOUR FIDGET TOY - YOUR ANXIETY RESULTS IN BEING REPEATEDLY ASKED *"YOU ALRIGHT?"*

17.

14.

13.

12.

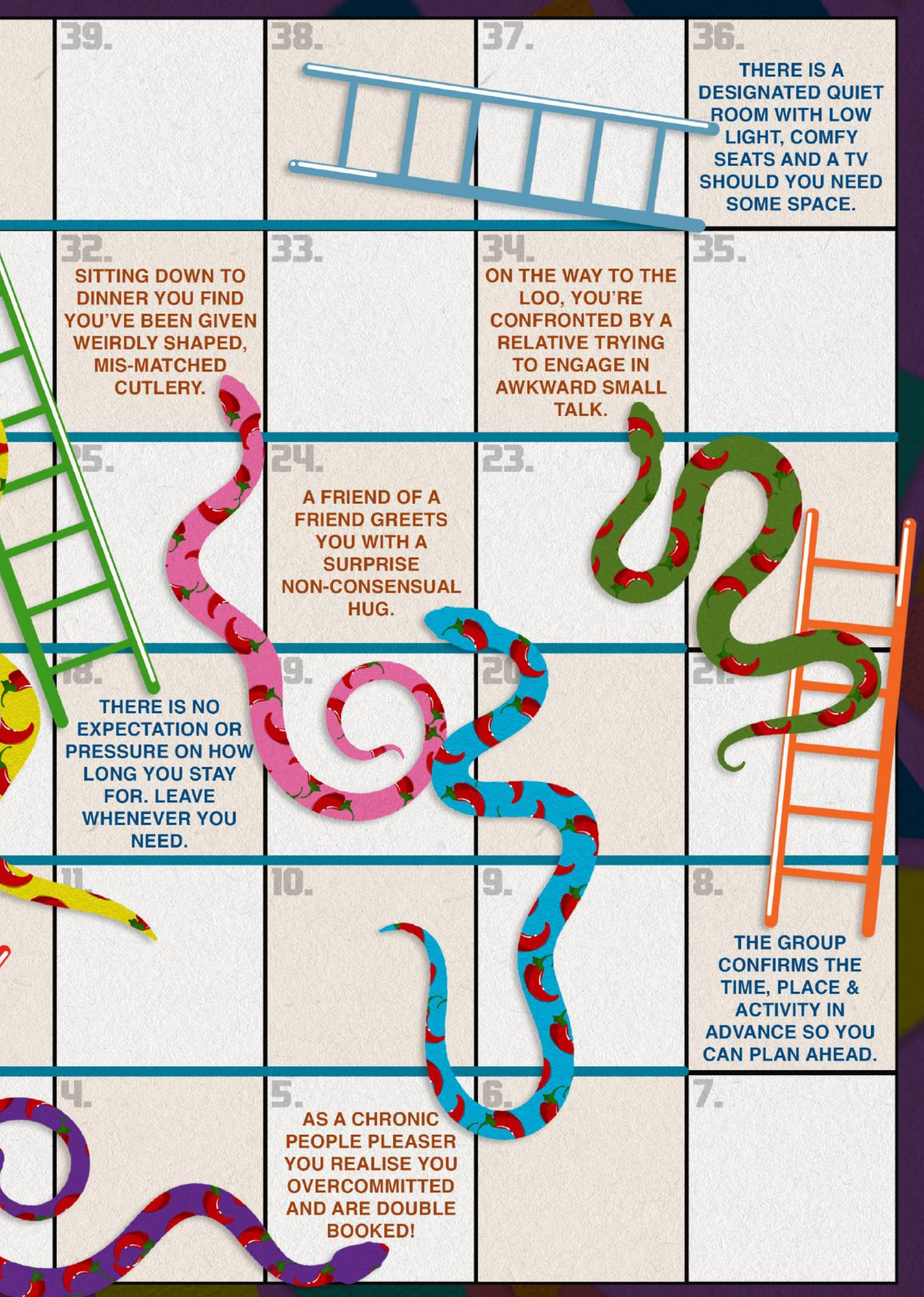
1.

2. THE INVITE SAYS COME AS YOU ARE. NO DRESS CODE NECESSARY. PUT ON YOUR FINEST COMFY HOODIE.

3.

START

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39.
38.
37.
36.
THERE IS A DESIGNATED QUIET ROOM WITH LOW LIGHT, COMFY SEATS AND A TV SHOULD YOU NEED SOME SPACE.
32.
SITTING DOWN TO DINNER YOU FIND YOU'VE BEEN GIVEN WEIRDLY SHAPED, MIS-MATCHED CUTLERY.
33.
34.
ON THE WAY TO THE LOO, YOU'RE CONFRONTED BY A RELATIVE TRYING TO ENGAGE IN AWKWARD SMALL TALK.
35.
25.
24.
A FRIEND OF A FRIEND GREETS YOU WITH A SURPRISE NON-CONSENSUAL HUG.
23.
18.
THERE IS NO EXPECTATION OR PRESSURE ON HOW LONG YOU STAY FOR. LEAVE WHENEVER YOU NEED.
19.
20.
21.
11.
10.
9.
8.
THE GROUP CONFIRMS THE TIME, PLACE & ACTIVITY IN ADVANCE SO YOU CAN PLAN AHEAD.
4.
5.
AS A CHRONIC PEOPLE PLEASER YOU REALISE YOU OVERCOMMITTED AND ARE DOUBLE BOOKED!
6.
7.