

Start with connection



The Neurodiverse
Scout Group

www.neurodiversescouts.com





Scouts who struggle to manage big feelings



Scouts with anxiety



Scouts or adults who have outbursts or meltdowns

Who is this for?



Why do it?



Brain in
fight/flight
mode

Needs to feel safe,
not threatened



1. Connect
2. Engage
3. Respond

Take a beat



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Give them space



Show them
you are ready

Listen

Get down on
their level



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I hate Sam!



You really hate Sam!

Mirror

Show you're listening.

Gives you time to assess



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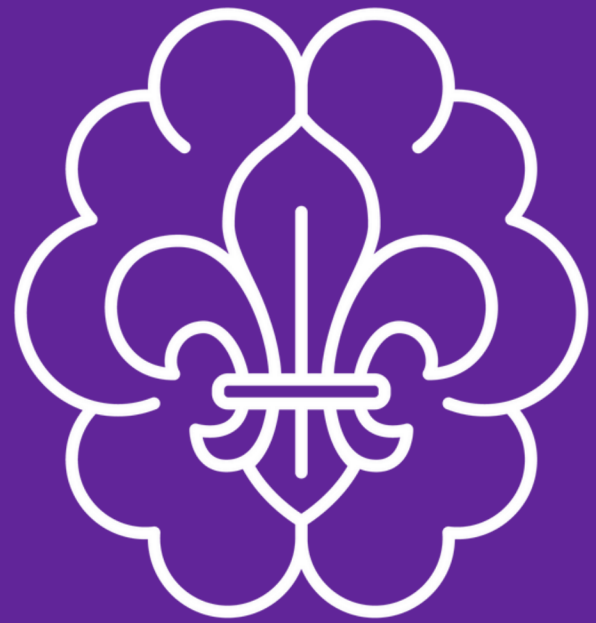
Name it to tame it

Naming emotions helps Scouts grasp them.



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