



APRIL 2026 - MODULE 2

COPING AND THE NERVOUS SYSTEM



WEEKLY DROP-IN SPACES

REFLECTION & JOURNALING	A quiet space to write, think, or process what's on your mind. Use a prompt or do your own thing – both are valid.	★ ★ ★
OPEN SPACE / COFFEE & CHECK-IN	A chill drop-in space to start your day. Grab a coffee, chat, or just exist – no pressure to participate.	★
DIAMOND PAINTING	A quiet, focus-based activity that promotes mindfulness and relaxation.	★ ★ ★
CRAFTERS & COFFEE	A rotating space for painting, crafts, and self-expression.	★ ★ ★

GAMES & GROUP FUN

BINGO	A fun, structured group game that encourages participation, interaction, and a bit of friendly competition	★ ★ ★ ★
STRESS AUCTION	An interactive activity where you “spend” energy on stressors to explore limits and priorities.	★ ★ ★ ★
STRESS MAPPING ACTIVITY	A hands-on exercise to identify and organize personal stress.	★ ★ ★ ★
REWRITE THE INNER CRITIC ACTIVITY	An activity focused on recognizing and reshaping negative self-talk.	★ ★ ★
MOVIE DAYS	A relaxed space to unwind and explore emotional themes through film.	★ ★ ★
SIGN UP BOWLING	Join us for a fun bowling trip filled with laughs, connection, and a little friendly competition—no experience needed!	★ ★ ★

CRAFTS & CREATIVE REGULATION

CREATIVE CORNER	A flexible space for creative activities that support relaxation and self-expression.	★ ★
TANGLED UP IN THREAD	A relaxed crafting space focused on fiber arts like knitting, crochet, and cross-stitch, supporting focus, patience, and gentle regulation.	★ ★
SIGN UP TOTE-ALLY REGULATED	A Cricut tote bag activity where participants create a personalized design with calming or supportive messages they can carry with them daily.	★ ★
SIGN UP PANTRY MEAL PREP	A practical cooking session that builds life skills and teamwork.	★ ★ ★ ★
SIGN UP COOKING WITH KENZIE	A hands-on cooking activity focused on making maple pudding while building confidence, life skills, and connection in a relaxed group setting.	★ ★ ★ ★

CORE LEARNING SPACES

CORE LEARNING SPACES	Workshops focused on understanding stress, how the nervous system responds, and building practical coping and regulation skills for everyday life.	★ ★ ★
MODULE 1 COMPLETION CELEBRATION!	A mix of reflection and fun where participants create their own certificate and celebrate their progress and experiences together.	★ ★ ★

SENSORY RATING SCALE: Use this scale to help you choose the right activity for your comfort level: Need help finding your fit? Ask a team member – we've got you!

- ★ Very Low Stimulation | Quiet, calm, relaxing (ideal for recharging).
- ★ ★ Low Stimulation | Minimal noise, gentle pace, low interaction.
- ★ ★ ★ Moderate Stimulation | Balanced mix of activity and social energy.
- ★ ★ ★ ★ High Stimulation | Louder, more interactive, and engaging.
- ★ ★ ★ ★ ★ Very High Stimulation | Lively, energetic, and fast-paced fun.