

Monday July 29th 2024

Agenda:

- Welcome
- Housekeeping
- Introductions
- Module 1 The Scribbledeedo Way®
- Module 4 Build Better Bonds With Neurodiversity.

Welcome

The Scribbledeedo® Doers Certified Training Programme.

- Every Week It Is The Same [Zoom Link:](#)
- Facebook Group [Here](#)
- Yasmin Shaheen-Zaffar: Best Way To Contact Me:
 - What's App **07709175901**
- Confidentiality Agreement can be found [here](#)

Welcome, everyone, to the first cohort of our training program! I view each one of you as pioneers in this journey, I'm aware that there might be a few bumps along the way as I tweak and refine the training. Content repeated every Thursday evening, new notes and recording sent out Friday evening.

I truly appreciate your willingness and trust in me to join and your belief in the potential of this program.

Your feedback and participation are invaluable, and I want to thank you all for being early adopters and for your support in us jointly making Scribbledeedo® a success.

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Build Better Bonds with Neurodiversity.

- Awareness Of Body Sensations
- Posture
- Sitting Position
- Hands Feet

- Short Movement Exercises for Online Group Training of Scribblededo Doers –
- [Click here 1.](#)

- Shoulder Rolls and Arm Stretches Duration: 2-3 minutes

- Instructions:
 - Sit or stand comfortably.
 - Slowly roll your shoulders forward in a circular motion five times.
 - Reverse the direction and roll your shoulders backward five times.
 - Stretch your right arm across your body and hold it with your left hand, keeping the arm straight.
 - Hold for 10-15 seconds and switch to the left arm.
 - Repeat the stretches twice.

- Objective: Release tension in the shoulders and upper back, improve circulation.

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Build Better Bonds with Neurodiversity.

- **Title: Build Better Bonds With Neurodiversity the Scribbledeedo® Way**
- **2 hour lesson plan:**
 - <https://docs.google.com/document/d/18XRWISf2ywDXoD518ggt0az2PYVNHFeeXJL747Dlr0g/edit?usp=sharing>
- **Video Training:**
 - **ADD HERE**
- **Creating a safe environment**
 - <https://docs.google.com/document/d/1HHF4LhnPkVohZHERMVNPQ4xsD8SzkMvkGZqt9UivYF8/edit?usp=sharing>
- **2 hour lesson plan delivery slides:**
 - **ADD HERE**
- **Neurosloth® Prompts**
 - <https://docs.google.com/document/d/12qwOalbykgTtXX48izjsiQDffyKEB2cN9Afr-x61w7Y/edit?usp=sharing>
- **Neurosloth Visuals:** [Download Here](#)

1a. The Scribbledeedo® Way

What Is A Scribbledeedo®?

A Scribbledeedo® is a joyous **therapeutic journey bringing in the element of play** through a **polyvagal informed** lens of **shared learning** that encapsulates **five** core elements:

- Scribbles
- Doodles.
- Colours
- Shimmies
- Shimmers.

Therapeutic journey – our nervous systems are on a continuous journey changed with every encounter.

Polyvagal Informed – we take from Polyvagal theory a language that creates connection & makes it accessible to our participants.

The Shared Learning (psychoeducation): we are not gatekeepers of this knowledge. We may deliver training and have knowledge but with each encounter we also are changed. A shared experience.

Trauma Informed and Beyond. We know we cannot eradicate trauma – but we can work towards reducing it. This approach can impact also future generations through genetics and [epigenetic change](#) in developing children.

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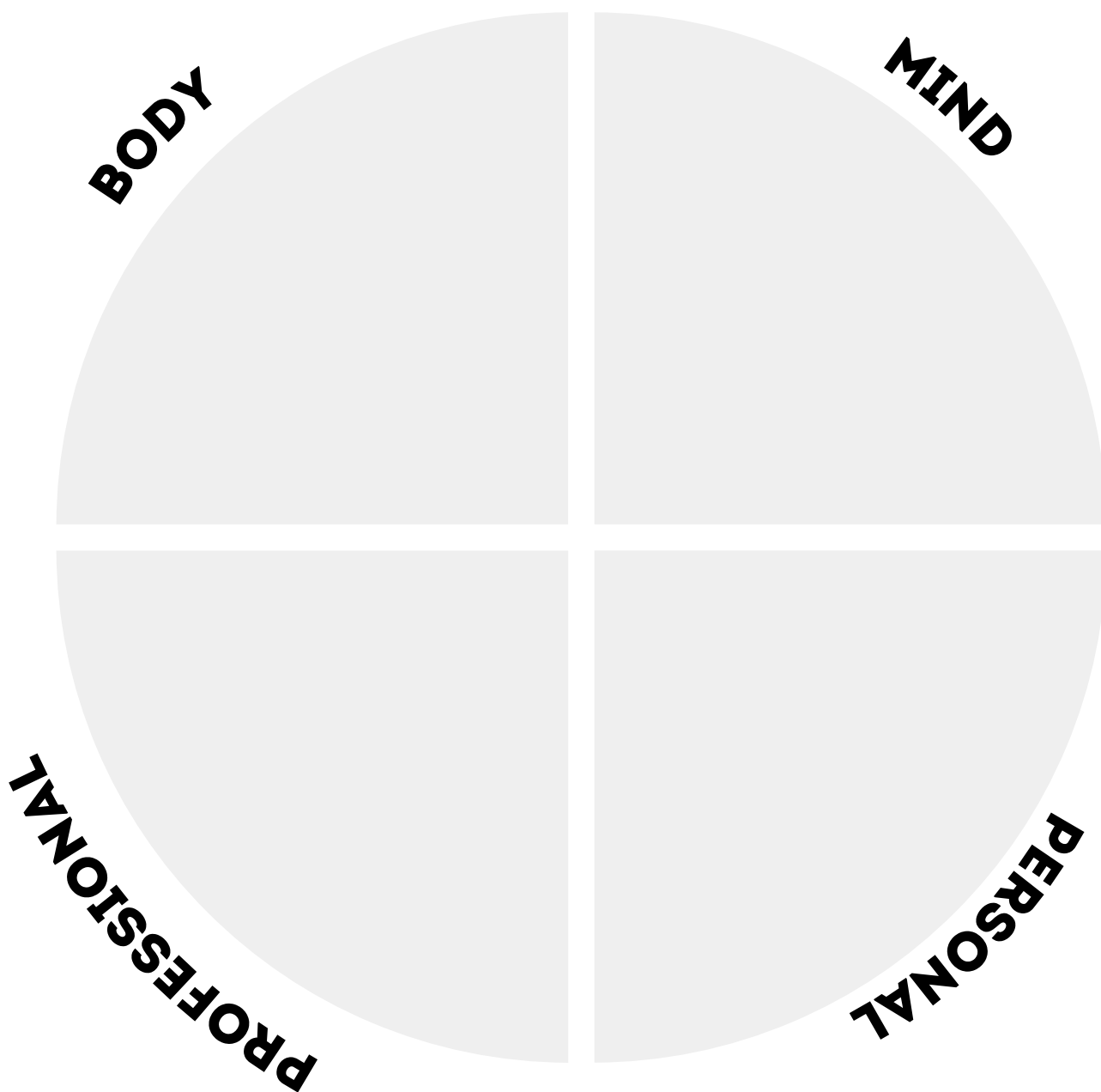
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Module 1H – Reflective Exercise’s scribble – doodle – colour “the now,,



notes

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Instructions

notes
