

HALLOWEEN ACTIVITY PACK FOR ADOLESCENTS AND YOUNG ADULTS



Often, the activities I see are aimed at children. However, neurodivergent children grow up to be neurodivergent adolescents and adults, who continue to benefit from a sensory approach and anxiety management techniques. With that in mind, I have put together this Halloween treat.

Included

- ✦ INFORMATION CARDS
- ✦ MINDFUL ACTIVITIES
- ✦ SENSORY SUGGESTIONS

Usage

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Sensory Ideas



Move your body

You could concentrate on the dance moves and lyrics or do whatever feels right!

Classic titles include-
'Thriller'

'The time warp'

'The monster mash'



Bake or make treats



This might include kneading, mixing, smelling, tasting, and feeling proud of what you have made.

Drink or eat mindfully

This could include sipping your pumpkin latte, taking in the warmth of the liquid, the nostalgic scent, the sweet taste and the feel of foam against your lips.

Make yourself a bubble bath

Treat it like a cauldron and fill it with all the magical ingredients for a relaxing night. A body scrub or moisture massage may enhance the sensory experience, depending on your sensory profile. You could add some scented candles too.



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Spot The Difference

There are five differences for you to find.

- 1
- 2
- 3
- 4
- 5



A common neurodivergent strength is the ability to notice small details that others may miss.



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Stay
Spooky



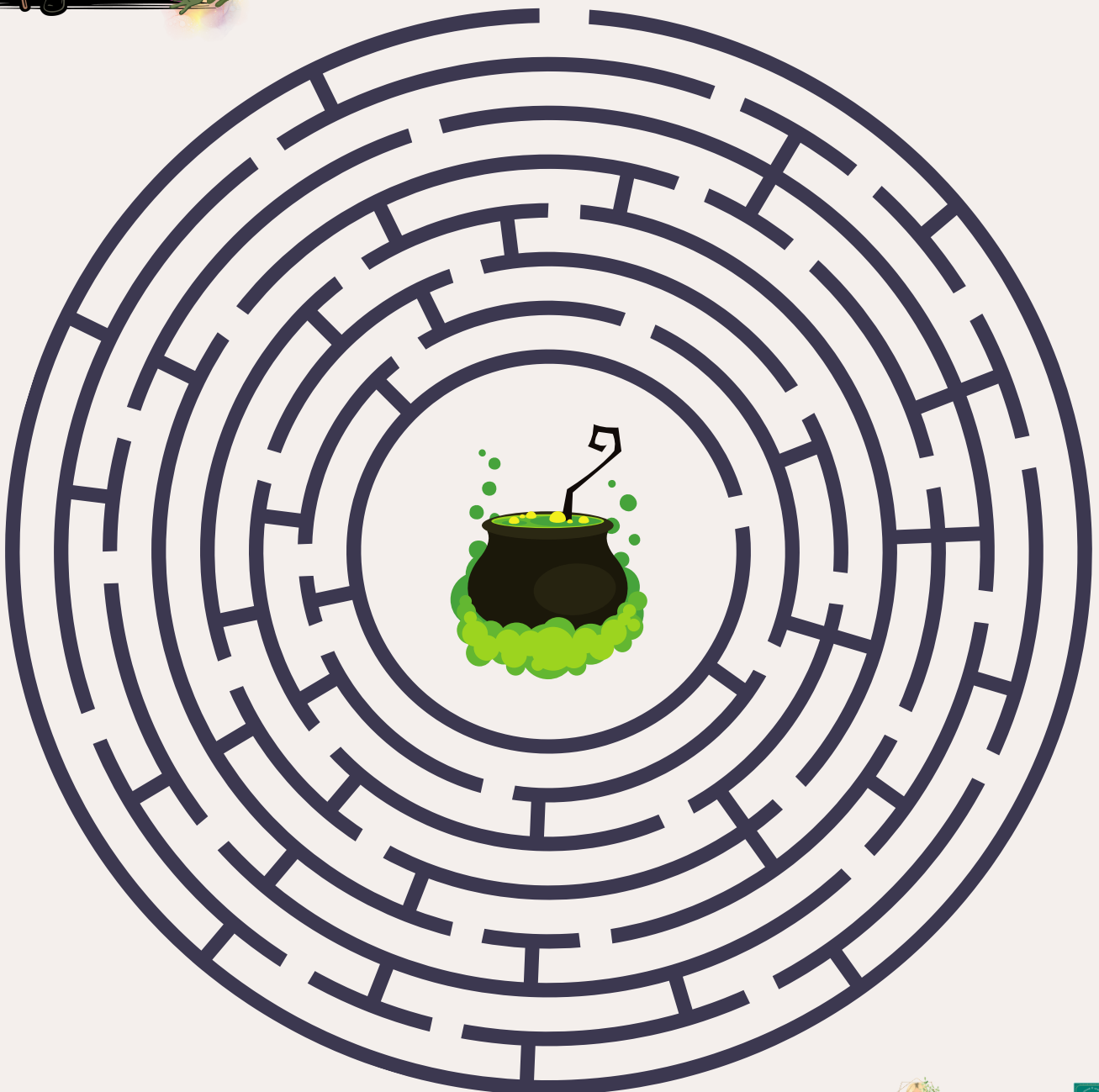
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My familiar has been changed from a cat into a frog!

I must reach my caldron quickly to undo the spell, help me find my way through the maze and get to my caldron.



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Information Cards

You might want to print these for a lanyard or on sticker paper or fix them to your windows or doors on Halloween evening.



- **I AM NEURODIVERGENT**
- **I MAY NOT SAY 'TRICK OR TREAT'**
- **I MAY NOT MAKE EYE CONTACT**
- **I MAY NOT BE DRESSED IN A COSTUME**



- **I AM NEURODIVERGENT**
- **I FIND IT DIFFICULT TO WAIT- I AM NOT BEING RUDE**
- **INSTRUCTIONS CAN BE CONFUSING- BE CLEAR IN WHAT YOU SAY AND GIVE ME TIME**



- **I AM NEURODIVERGENT**
- **PLEASE DON'T KNOCK- I STRUGGLE WITH LOUD NOISES, SOCIAL DEMANDS AND UNEXPECTED CHANGE**

Many neurodivergent individuals are skilled in pattern recognition, can you find the words hidden in this word search?

HALLOWEEN WORD SEARCH

Can you find the words hidden in the puzzle?



| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| P | B | W | W | Z | O | M | B | I | E | E | L |
| U | C | I | E | B | E | M | V | I | M | L | A |
| M | E | T | R | E | A | T | O | F | U | R | N |
| P | A | C | A | C | V | T | T | B | M | I | T |
| K | S | H | B | T | L | D | R | A | M | C | E |
| I | O | E | S | P | I | D | E | R | Y | K | R |
| N | W | B | H | N | P | H | A | A | K | P | N |
| R | L | D | G | H | O | S | T | N | C | O | R |
| C | A | N | D | Y | T | I | N | T | N | T | R |
| C | A | E | T | R | T | R | I | C | K | I | T |
| C | A | N | C | K | O | O | V | L | T | O | W |
| H | M | T | C | A | U | L | D | R | O | N | S |

GHOST

LANTERN

POTION

TRICK

CAT

SPIDER

PUMPKIN

ZOMBIE

TREAT

BAT

WITCH

CAULDRON

CANDY

MUMMY

OWL



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We all get anxious or overwhelmed from time to time, one technique you could try is mindful breathing.



Breathe in through your nose for four seconds

Breathe out through your nose for four seconds



Other techniques include-
Placing your hands in very cold water, be
careful not to do this for too long!
Singing or humming,
Jumping and bouncing.



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Things I find spooky all year round

E.G. Giving presentations at work.

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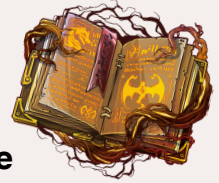
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Who can I ask for help? How can I make this easier? How can I overcome this challenge?

E.G. Speak to my boss about doing this online, with fewer people in the room, or with a colleague for support.

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Rhiannon Crisp said “Well-being doesn't happen by chance it happens by Well-doing; one meaningful occupation at a time”

Don't let the things that scare you stop you from doing what you want or need to do.

Affirmations are like spells...

They are words you say to help change how you see yourself and your surroundings.

I am strong

I am capable

I am valuable

I am unlike any other

**Today I will focus only
on what I can control**

It feels weird at first but keep
going , your brain is capable
of neuroplasticity (change)
but it takes a lot of practice/

Each day I wake to a brand
new start,
An open mind and loving
heart,
I accept the path may not be
clear,
But know I can't be ruled by
fear,
I will continue to succeed,
Through each and every
mindful deed.

If these affirmations don't feel
right, could you come up with
your own?



HALLOWEEN SPECIAL ACTIVITY PACK FOR ADOLESCENTS AND YOUNG ADULTS



I hope you enjoyed this free pack
provided by JBOT-UK®

You can find me at:

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