

PENGUIN PEBBLING


A Game of Creating Belonging, Building Connection and Understanding Autistic Identity


How to Play — Easy Read Guide


Created by Helen Edgar, Autistic Realms & Ryan Boren, Stimpunks (2026)


Words to Know

Pebble  A small smooth stone. You can use any small object instead.

Pebble bank  A pile of extra pebbles in the middle of the group. Anyone can take from the pebble bank.

Card  A piece of paper with a question or activity on it. You draw a card to find out what to do next.

Locution  A way of showing you care. There are five love locutions in this game.

AAC  A tool that helps people communicate. It might be a device, an app, or a picture board, signing or something else.

What is Penguin Pebbling?

This is a card game. 

You can play by yourself.

You can play with other people. 

You can play online.

You can play in person.

There are no winners. 🚩

There is no wrong way to play. ✅

You can leave at any time. 🚪

🪨 What you need

You need some pebbles. 🪨

You can use stones, buttons, shells, or coins. 🐚

You can use anything small from your collection. 🎒

Everyone starts with 3 pebbles. 🪨🪨🪨

Put some extra pebbles in the middle. 🕉️

This is called the pebble bank. 🏦

Anyone can take a pebble from the bank. 🙌

You also need the cards. 🃏

👐 Before you start

Pick up your 3 pebbles. 🪨🪨🪨

Hold them in your hand. 🙌

Feel the weight. ⚖️

Notice the texture. 👉

Notice the temperature. 🌡️

These pebbles are yours. ❤️

You can keep them, pass them, or just hold them. 🙌

How to take a turn

One person picks up a card. 

They read it out or show others in the group. 

Someone else can read it for them. 

Then choose what to do:

 Speak your answer


 Write or draw your answer

 Use AAC or any other communication tool

 Just be here — some cards need no answer at all

You can always skip a card. 

Just put it face down. 

You do not have to explain why. 


How to pass a pebble

Someone shares something. 

You feel heard. 

You recognise yourself in what they said. 

You want to say — I'm glad you're here. 

You want to say — I care about you. 

You want to say — I thought of you this week. 

Pass one of your pebbles to them. 

If you do not have a pebble — take one from the pebble bank. 

No one ever runs out of a way to show they care. ❤️

You do not need to say anything.

The pebble holds the meaning. 🪨

❤️ **Pebbles keep moving**

There is no limit to how many pebbles you can give. 🙌

There is no limit to how many pebbles you can receive. 🙏

Pebbles move around the whole time. 🔄

The pebble bank means no one is ever left out. ❤️

🎮 **The five types of card**

There are five types of card. 🎮

Each type has a different colour. 🎨

🟤 **Infodumping** These cards are about sharing what you love.

🟢 **Parallel Play** These cards are about being alongside other people.

🟡 **Support Swapping** These cards are about helping each other.

🪨 **Penguin Pebbling** These cards are about small acts of care.

💖 **Deep Pressure** These cards are about what helps your body feel settled.

🚪 **How to end the game**

You do not need to say anything to end the game. 🤫

Just set your pebbles down. 🪨

Or your group can agree a signal before you start. 🤝

It might be a gesture. 🙌

It might be a word. 💬

It might be an object placed in the middle. 🟠

Choose whatever feels right for your group. ❤️

🌱 **After the game**

The game ends when everyone feels finished for now. 🐧

If a card brings something up for you — that is okay. ❤️

You can keep thinking about it by yourself. 🧘

You can come back to the cards whenever you want. 🎮

The cards and the prompts are yours to keep. 🪨

🐧 **Remember**

🐧 There are no winners

🚩 There is no wrong way to play

🚪 You can leave at any time

💬 You can share in any way that feels right



🧠 Speaking, writing, drawing, AAC, or gesture are all fine

❤️ Any other way of communicating is fine too

🪨 No one ever runs out of a way to show they care

🐧 The pebble holds the meaning


About this game


Penguin Pebbling was made by Helen Edgar at Autistic Realms  and Ryan Boren at Stimpunks  (2026).

It is based on the Five Neurodivergent Love Locutions. 

These were made by Amythest Schaber (Neurowonderful). 

 autisticrealms.com  stimpunks.org

This game is free to use and share. 

Please say where it came from. 

Please link back to [Autistic Realms](https://autisticrealms.com) and [Stimpunks](https://stimpunks.org). 