



# PENGUIN PEBBLING

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

## Penguin Pebbling Game



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# SUPPORT SWAPPING

Mutual aid at the human scale.  
Offering what you can, receiving  
what you need,  
among people who get it.  
Capacity fluctuates.  
Needs are not a weakness.  
We carry each other, taking turns.

## Penguin Pebbling Game





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# SUPPORT SWAPPING

Is there something you find genuinely easy that others often find hard?

Is there anything you could offer freely to someone who needed it?

If this resonates, you might like to ask the group — does anyone have something to offer here?

*Share in whatever way feels right for you — speaking, writing, drawing, AAC, gesture, or any other form of communication*

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# SUPPORT SWAPPING

Is there something you wish  
someone would notice and offer to  
help with —  
without you having to ask?

If someone shares something they need and you  
have something to offer — pass them a pebble.

*Share in whatever way feels right for you —  
speaking, writing, drawing, AAC, gesture,  
or any other form of communication*

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# SUPPORT SWAPPING

Can you think of a time someone  
helped you in a way that really  
worked for your needs?

What made that support feel right?

You might like to sit with this for yourself —  
or open it as an invitation to the group.

*Share in whatever way feels right for you —  
speaking, writing, drawing, AAC, gesture,  
or any other form of communication*

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# SUPPORT SWAPPING

Write, draw, or show one small thing  
you need today.

You don't have to show anyone.

Naming needs is its own  
form of care.

First — notice this for yourself.  
Then — if you'd like, open it to the group.

*Share in whatever way feels right for you —  
speaking, writing, drawing, AAC, gesture,  
or any other form of communication*

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# SUPPORT SWAPPING

Is there something you find hard to ask for, even when you need it?  
You don't have to share why — just notice if something comes up for you.

If someone shares something they find hard to ask for and it resonates — pass them a pebble.

*Share in whatever way feels right for you — speaking, writing, drawing, AAC, gesture, or any other form of communication*

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# SUPPORT SWAPPING

Has anyone ever supported you in an unexpected way that made a real difference? What did that feel like?

You might like to sit with this for yourself — or open it as an invitation to the group.

*Share in whatever way feels right for you — speaking, writing, drawing, AAC, gesture, or any other form of communication*

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# INFODUMPING

Sharing what you love, in depth  
and at length.

A sign of deep trust.

Infodumping is a way of letting  
people in you want to connect with  
— sharing what brings meaning,  
joy, and aliveness.

*Share in whatever way feels right for you —  
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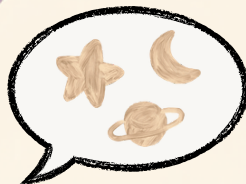
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# INFODUMPING

What brings you joy right now?

Share as much or as little as you like.

*Share in whatever way feels right for you —  
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or any other form of communication*

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# INFODUMPING

What's something you know a lot  
about that you  
rarely get to talk about?

This is your space.

*Share in whatever way feels right for you —  
speaking, writing, drawing, AAC, gesture,  
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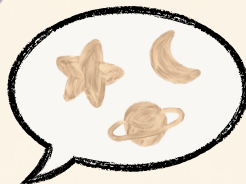
# INFODUMPING

What's a topic, video, book, or idea you're passionate about recently?

This is your space to share.

*Share in whatever way feels right for you — speaking, writing, drawing, AAC, gesture, or any other form of communication*

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# INFODUMPING

Do you have a glimmer to share — maybe a sensory moment that brought you joy recently that surprised or delighted you?

This is your space to share

*Share in whatever way feels right for you — speaking, writing, drawing, AAC, gesture, or any other form of communication*

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# INFODUMPING

Say or write a word,  
draw something,  
or show us an image  
of an object that represents  
something you love right now.

Pass it round if you'd like.

*Share in whatever way feels right for you —  
speaking, writing, drawing, AAC, gesture,  
or any other form of communication*

## Penguin Pebbling Game





# INFODUMPING

Is there a passion or interest that people in your life don't always understand?

You don't need to justify it here.

Share if you are comfortable.

*Share in whatever way feels right for you — speaking, writing, drawing, AAC, gesture, or any other form of communication*

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# PARALLEL PLAY

Being alone, together.

Body doubling

Being alongside each other without  
needing to communicate.

Doing your own tasks or activities.

Connection without demand.

Presence without performance.

Interdependence is valid.

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## PARALLEL PLAY

For the next 5–10 minutes,  
everyone is invited to do something  
that brings them joy — read, stim,  
doodle, sit or move.

No communication needed.

Just be here together.

When you are ready, you can  
return to the group.

*Share in whatever way feels right for you —  
speaking, writing, drawing, AAC, gesture,  
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## PARALLEL PLAY

What does parallel play or  
body doubling  
feel like for you?

What moments do you think this is  
most helpful for you?

*Share in whatever way feels right for you —  
speaking, writing, drawing, AAC, gesture,  
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## PARALLEL PLAY

Is there something you have been meaning to do for ages but just haven't been able to start?  
Can you invite someone to join you online or in person for accountability and low-demand presence?

*Share in whatever way feels right for you — speaking, writing, drawing, AAC, gesture, or any other form of communication*

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## PARALLEL PLAY

Do you find it easier to start or finish things — work, daily tasks, creative projects — when someone else is simply present, even if you're not communicating?

Online or in person.

What does that feel like for you?

*Share in whatever way feels right for you — speaking, writing, drawing, AAC, gesture, or any other form of communication*

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## PARALLEL PLAY

Is there someone in your life whose quiet presence helps you feel more settled or able to function?

You don't need to explain why — just notice if that's true for you.

Think about how you might get more time and space for this in your life?

*Share in whatever way feels right for you — speaking, writing, drawing, AAC, gesture, or any other form of communication*

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## PARALLEL PLAY

Is there a place — physical or online  
— where you feel comfortable  
simply existing alongside others?  
What makes that space feel safe?  
Is there anything you want to  
change — you could share with the  
others if you want, or just reflect.

*Share in whatever way feels right for you —  
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or any other form of communication*

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## PARALLEL PLAY

What does parallel play feel like for  
you?

Easy, hard, somewhere in between  
— or something else entirely?

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# PENGUIN PEBBLING

*"I saw this and thought of you".*  
Offering small gestures to another  
person — a meme, a stone, a  
flower, a photo, a song.  
Helps build pebble bridges of  
relational closeness.  
Care is communicated through  
shared attention  
and co-created meaning.

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# PENGUIN PEBBLING

Have you ever come across something —  
a stone, a meme, a flower,  
a song, a photo —  
and immediately thought of someone?  
What was it, and who did you think of?

You might like to sit with this for yourself — or  
share amongst those you are with.

*Share in whatever way feels right for you —  
speaking, writing, drawing, AAC, gesture,  
or any other form of communication*

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# PENGUIN PEBBLING

If you could offer the group a pebble right now — something small that says something about who you are or what you love — what would it be?

A photo on your phone, a word, a sound, a real object — anything counts.

Pass it round if you'd like —  
or just hold it for yourself.

*Share in whatever way feels right for you —  
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or any other form of communication*

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# PENGUIN PEBBLING

What kinds of things do you notice —  
physically or emotionally —  
that others might walk past?  
Is there something you have  
collected, saved, or held onto because it  
felt meaningful?

You might like to sit with this for yourself —  
or share amongst those you are with.

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# PENGUIN PEBBLING

Is there a way you show care for people that they don't always recognise as care?

What does it look like for you?

Do you ever wish people understood that

this was your way of saying —

I care for you, I thought of you.

If this resonates, you might like to ask the group

— does anyone else show care in ways that go unnoticed?

*Share in whatever way feels right for you — speaking, writing, drawing, AAC, gesture, or any other form of communication*

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# PENGUIN PEBBLING

Pass a real pebble to someone in the group whose presence you appreciate, or it might be someone you thought of this week, and you can share later.

No words needed.

The pebble holds the meaning.

*Share in whatever way feels right for you — speaking, writing, drawing, AAC, gesture, or any other form of communication*

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# PENGUIN PEBBLING

Is there something that brings you joy  
that you would love to share with others?  
Maybe you have never quite found the  
right moment — or the right person.  
This might be that moment.

First — notice this for yourself.  
Then — if you'd like, open it to the group.

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# DEEP PRESSURE

Regulation is relational.  
What helps your nervous system  
settle — weight, pressure,  
texture, warmth?  
Grounding your sensory system.  
Being held in our environment.

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# DEEP PRESSURE

What helps your  
nervous system settle?

It might be weight, pressure,  
texture, warmth, movement,  
sound, your environment – or  
something else entirely.

You might like to sit with this for yourself  
– or share amongst those you are with.

*Share in whatever way feels right for you –  
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or any other form of communication*

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# DEEP PRESSURE

Take a few minutes to do something that helps your nervous system regulate — stim, rock, stretch, move, or snuggle under a blanket.

No commentary needed.  
Just be here, grounded together.  
When you are ready,  
return to the group.

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## DEEP PRESSURE

Have you ever had to mask or hide  
what your nervous system needed  
— pretending you were  
fine when you weren't?

What would it mean to have more  
space to honour your sensory  
needs openly?

You might like to sit with this for yourself —  
or share amongst those you are with.

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## DEEP PRESSURE

How well do you pick up on the internal signals your body sends (hunger/ thirst/ pain/ fatigue)?

Is there anything that helps you tune in earlier?

Is there anything you need now?

You might like to sit with this for yourself — or share amongst those you are with.

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# DEEP PRESSURE

What are the specific tools or objects you reach for when your nervous system feels dysregulated?

It might be a weighted blanket, a fidget, a scent, a texture, a sound, a movement, or a comfort object.

First — notice this for yourself.

Then — if you'd like, share with the group and consider creating your own sensory toolkit.

*Share in whatever way feels right for you — speaking, writing, drawing, AAC, gesture, or any other form of communication*

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# DEEP PRESSURE

Is there one thing your nervous system needs more of in your life?

More/less movement, more quiet/more sound/ more time with interests or stimming — or something else entirely.

You don't have to share it.

You could write it down and keep it — as a small act of care for yourself.

*Share in whatever way feels right for you — speaking, writing, drawing, AAC, gesture, or any other form of communication*

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