

**BUILDING NEURODIVERGENT CULTURES OF REGULATION
THROUGH**

CAVENDISH SPACE



Aim

Explore Cavendish Space As A Framework For Neurodivergent Regulation & Creative Practice

Understand Regulation As Relational, Sensory, And Environmental

Experience Campfire, Watering Hole, And Cave Spaces In Practice

Reflect On How We Can Build Neurodivergent-Affirming Cultures Together

Workshop

- Campfire: community safety & learning about Cavendish Space
- Watering Hole: sensory activity & connection
- Cave: personal regulation time
- Watering Hole: sharing reflections
- Campfire: key takeaways & closing

WHAT DO WE MEAN BY REGULATION?

Neurodivergent Regulation is:

Embodied

Sensory

Relational

Environmental

Interdependent

Neuronormative spaces often deny us agency and autonomy and invalidate our needs. There is no learning or creativity without the body.

What Is Cavendish Space?

Cavendish Space:

Cavendish Space describes psychologically and sensory safe spaces that support:

- intermittent collaboration
- flow states
- embodiment
- co-regulation
- cognitive liberty (freedom to think in our own ways)
- neurological pluralism (many kinds of minds, all valid)
- niche construction (shaping environments so people can thrive)



Rather than expecting people to adapt to a single way of working or being, Cavendish Space asks:

How can we design spaces that adapt to different ways of being?

Cavendish Space is the relational space where conditions, context, and capacities interact.





CAMPFIRE

**Shared meaning and
orientation**

Storytelling and framing
Collective understanding
Low-demand presence



WATERING HOLE

**Social connection and
co-regulation**

Conversation and exchange
Body doubling
Neurodivergent love languages



CAVE

**Solitude and sensory
regulation**

Quiet, rest, focus
Withdrawal & safety
Sensory autonomy

Cavendish Space is inspired by primordial human patterns of learning and relating.
Neurodivergent people often need movement between all these different spaces
to be regulated and creative.

Neurodivergent Love Languages

Many neurodivergent ways of connecting are also ways of regulating, including:

- Info-dumping
- Parallel play / body doubling
- Sharing special interests
- Stimming together
- Deep presence without pressure
- Communicating in ways that work for you

Cavendish Space recognises these as forms of care, not problems to correct.

Creative Activity

Watering Hole

Social connection

Co-regulation

Communication on own terms

Parallel presence/body doubling

Embracing neurodivergent love languages

Free to chat/ text/ mic or video on or off

What works best for you?

Explore your filling to begin in any way that feels good for you

Create your sensory sock ball

When finished, you can stay in the watering hole or go into your own cave space for 10 minutes to time by yourself to regulate before returning to the Campfire to share our experiences.

MAKE A SENSORY SOCK BALL

1. FIND A CLEAN SOCK

Pick any colour or pattern

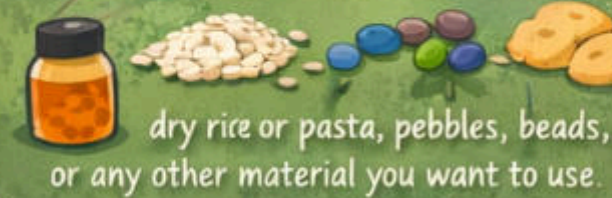


2. PLACE SOCK OVER CUP

Roll down the sock.



3. CHOOSE YOUR FILLING



4. FILL SOCK

Fill to a comfy size.



5. (OPTIONAL) ADD SCENT

A few drops of scent



6. TIE IT

Use elastic band or string.



7. (OPTIONAL) TRIM OFF TOP

Cut extra sock



8. (OPTIONAL) DECORATE & TIE

Add ribbon !



Cave Space

Solitude and sensory regulation

Quiet, rest, monotropic focus

Sensory autonomy

Bodily autonomy

Do what feels right for you - change lighting, get a blanket, stim, listen to music

Explore your sensory ball in different ways using different your senses or just focus on 1 or 2 (smell, feel, tap/ roll/ squeeze/ use on different body parts)

or... you may prefer to do something else that you think may help you regulate. You may prefer sit, lie down or jump around instead!



Campfire

Storytelling and sharing our experiences

What have we learnt?

What felt good for your sensory system?

Which space worked for you best today?

Reflect on how we can build neurodivergent-affirming cultures together - could Cavendish Space work for you or others?



Find Out More:

CAVENDISH SPACE

www.stimpunks.org

www.autisticrealms.com

