

Handouts – Connection Lab: Discover, Create, Appreciate

These handouts form part of the method package. Schools may translate and adapt examples while preserving choice, dignity, privacy, accessibility, safeguarding and the distinction between beneficial interaction and pressure to socialise.

Handout 1 – My Interaction Benefits and Preferences Map

This sheet is private. Share only what you choose.

You may use words, symbols, drawings or an assistive communication format.

BEFORE THE LAB	AFTER THE LAB
My current social/attention energy (0–5): ____ 0 = I need quiet/space 5 = I have energy for interaction Today I would prefer: ☐ pair ☐ group of 3–4 ☐ written exchange ☐ quiet side-by-side task ☐ movement/creative task ☐ observer/process role ☐ other: ____	My energy now (0–5): ____ The interaction was: ☐ energising ☐ manageable ☐ tiring ☐ mixed ☐ not useful today One adjustment that would help next time: _____
What could I gain from a positive interaction today? ☐ learn something ☐ enjoy/laugh ☐ receive help ☐ offer help ☐ gain perspective ☐ feel more confident ☐ feel calmer ☐ complete something together ☐ feel connected ☐ other: ____	What did I actually gain? ☐ learning ☐ enjoyment ☐ help ☐ perspective ☐ confidence ☐ calm ☐ shared accomplishment ☐ connection ☐ nothing today ☐ other: ____ Evidence/example: _____

Conditions and boundaries that matter to me

Area	Usually helps me	I may need / prefer
Group size	☐ one-to-one ☐ 3–4 ☐ larger group	_____
Communication	☐ speaking ☐ writing ☐ drawing/symbols ☐ movement/building ☐ assistive communication	_____
Environment	☐ quiet ☐ some background activity ☐ clear time limit ☐ predictable steps	_____

Area	Usually helps me	I may need / prefer
Boundaries	☐ non-personal prompts ☐ permission before advice ☐ option to pass ☐ privacy ☐ time alone afterwards	_____

Remember: needing quiet, smaller groups, more time or a different communication mode is not a failure. The aim is to find interaction conditions that are useful and respectful.