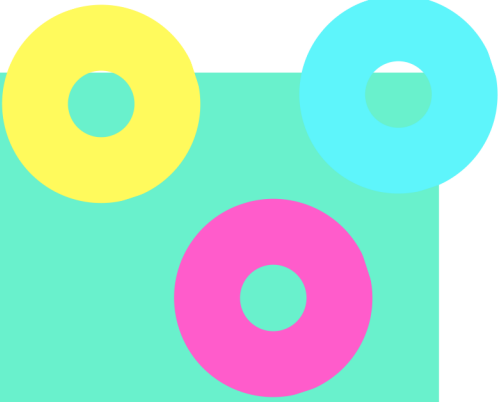
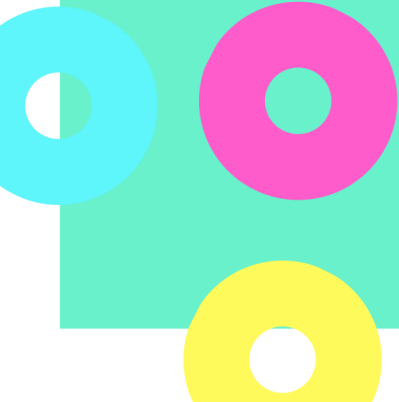




NOT ANOTHER BUSINESS CONFERENCE

WORKBOOK

Hosted by:
Briar Harvey
& Cheryl Woodhouse



PROGRAM

GUIDE

This program guide will help you get the most out of your week with NABC.

First, you'll want to make sure that you're in the Facebook group here:

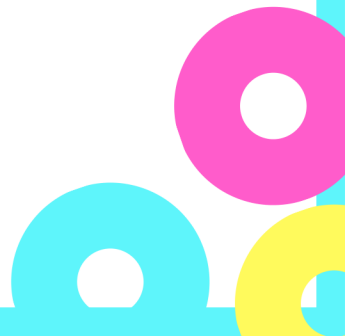
Facebook Group

This is a private pop-up group exclusively for this event, and we'll be archiving it afterwards. Every one of the videos, trainings, classes, podcasts and broadcasts will be live in this space.

Our parallel play sessions will all happen on a platform called GoBrunch. This will allow us to collaborate and spend time together whether we want camera and mic or not. Whether you come for co-crafting, co-chilling, or just the company, we'll have this room open on and off all week long.

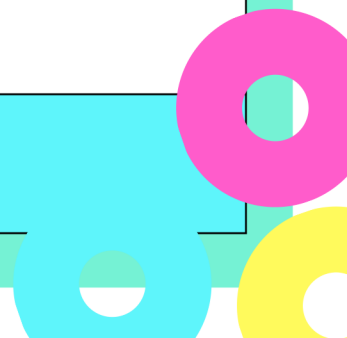
CO-CRAFTING ROOM

[CLICK HERE TO FIND THE LIVE SCHEDULE
FOR ALL CALLS](#)



SCHEDULE

11/17	OPENING CEREMONIES W/ BRIAR & CHERYL
11/18	HOW TO HIBERNATE W/ BRIAR DRAGONS, DUNGEONS & ROLEPLAY FOR KIDS W/ HEATHER CRAIK
11/19	OUTLANDISH LIFE HACKS W/ ALISON RILEY RODDEN
11/20	MAGIC SCHOOL W/ SIERRA GRANA HOW TO HOBBIT W/ ERIKA TEBBENS MAGICAL CHILD LIBERATION VIA ARTS AND CRAFTS W/ CHRISTIANA HERBERT CROCHET HACKS & BEGINNER KNOWLEDGE W/ CHERYL
11/21	BOOK CHAT W/ TERRI LEBLANC MAKING A FUCK TO GIVE W/ JESSICA LEMMONS ZOMBIE ATTACK PLANS W/ BRIAR
11/22	PARTY PLANNING FOR ENERGY MANAGEMENT W/ RYAN NOLAN CROCHET RAINBOW WEIGHTED BLANKET W/ CHERYL MIXED MEDIA FOR ANARCHY & ACTIVISM W/ MARISSA LOEWEN CROCHET A BAT W/ CAT STICKLER
11/23	TURKEY DAY CO-CRAFTING W/ CHERYL



MATERIAL

LIST

MAKING A FUCK TO GIVE

- 3in embroidery hoop
- 5in circle o fabric (can be plain, can be not, but I advise against a super busy pattern)
- 1 pencil (unless you wish to freehand your fuck)
- 3in circle of felt
- 1 skein of embroidery floss in your desired shade (we're using all 6 strands)
- 1 embroidery needle (with an eye large enough to thread all 6 strands)
- 1 threader (unless you're magic)

MIXED MEDIA FOR ACTIVISM

- 1 cup plain flour
- 2 cups water

CROCHET RAINBOW BLANKET

- 3 + balls of yarn in red-ish colors
- 7-8 mm crochet hook
- Stitch markers (or scrap yarn!)

MAGIC SCHOOL

- Tarot cards
- pendulum

MAGICAL CHILD LIBERATION VIA ARTS AND CRAFTS

- paper
- crayons/paint/markers



RECIPES

or how to get the most out of your enormous bird purchase

As a whole, it is not super common for most of us to purchase entire turkeys any other time of the year than around the fourth Thursday of November. Maybe at Christmas. That seems to hold us over for the rest of the year and remind us why we have waited until the following autumn to make a giant ass bird once again.

And, if you're going to go through the trouble of purchasing, storing (possibly in the freezer first if you're a planner) or in the refrigerator (especially if you have room in your freezer for exactly two bags of vegetables and a tub of ice cream)-really, don't you want to get as much use out of that bird as possible?

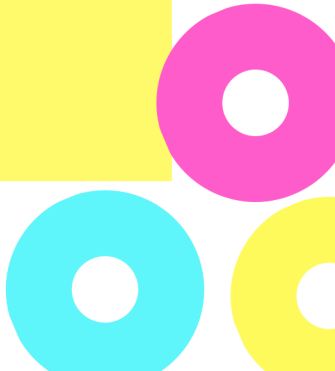
Maybe you just want to be done with the thing and order take-out for the week. Both completely valid options, but I'm here to help you with the former

So you've purchased and cooked your big-ass bird and now have far more meat and bones than you know what to do with. Let's start with the bones and such:

Option 1: disassemble carcass, clean bones and reconstruct using kitchen twine to make a puppet for the somewhat macabre puppet show you need to put on for your local gallery next month --or--

Option 2: Pick apart that bird, save the meat in one bowl, and place the bones, cartilage and other bits you couldn't get off of the bones into a crockpot

Let's talk about Option 2





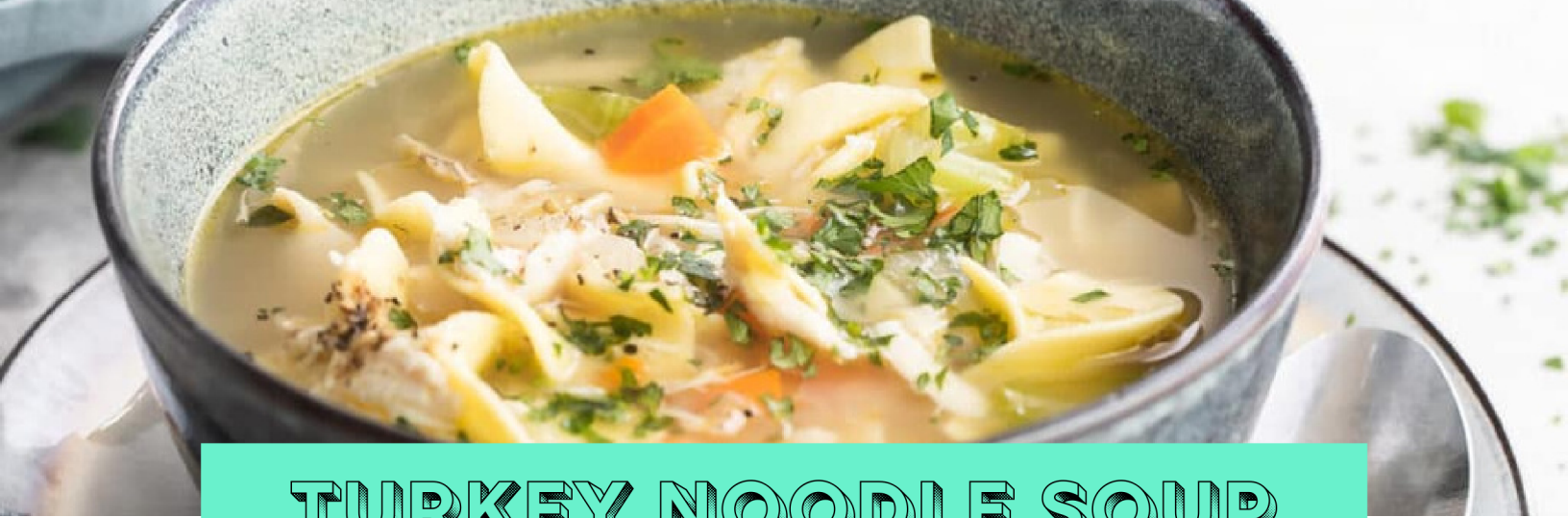
LIQUID GOLD (Turkey Stock)

DIRECTIONS

1. Throw all the stuff that isn't reasonably-edible-pieces-of-meat into the crockpot - preferably a large one. If you only happen to have a very small crockpot, just fit as much as you can in there with some space for vegetables.
2. Wash and cut up a carrot or two into several large pieces. Quarter an onion. Throw a few cloves of garlic in whole, skin and all. You are making a stock. Put in all that calls to you. The roasting pan scrapings or the couple of neglected vegetables in the bottom of the fridge that didn't make it into side dishes. As long as it doesn't have flour, cornstarch or dairy mixed in with it, you can probably throw it in with the stock if you just want to be rid of it.
3. Add some rosemary, thyme, a tablespoon or two of salt, some pepper - again, whatever your heart is called to. Just stick to the flavor profile you used with the turkey in the first place and you'll be fine.
4. Cover all of that with water. Place the lid on, set to low and forget about it until tomorrow. You want this thing to cook overnight at least, and 24 hours at most. It gets a bit weird if cooked longer than that.
5. When you're ready, place a large bowl or pot in a sink with a colander over it. Carefully pour the contents of the crockpot into the bowl/pot and colander set-up. Toss the solids in the trash once they cool and either save the stock* or put it straight back onto the stove so we can make turkey soup!

The more pedantic out there might be tempted to point out that this is not truly stock because the bones and veg have not been roasted. I encourage them to take a deep breath and remember that this is supposed to be a semi-manageable way to stretch a big purchase a little further, not a lesson in culinary technique.

Now that we have some amazing stock, we're going to need to make some difficult choices. The simplest solution and therefore the likeliest when I am exhausted from prepping and cooking for most of a week is a relatively simple soup.



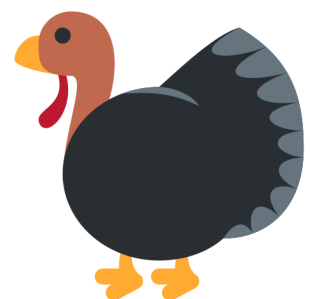
TURKEY NOODLE SOUP

INGREDIENTS

- 8-10 cups liquid gold: homemade turkey stock (premade chicken stock is completely fine)
- 1 1/2 cups picked turkey meat, torn or chopped into bite-size pieces; preferably breast meat but just use what you have
- 2 tbsp butter
- 2 tbsp minced garlic
- 1 stalk celery, diced small
- 2-3 carrots, peeled and cut into semi-circles
- 1 tsp kosher salt (or to taste)
- pinch black pepper
- 1/2 tsp chopped, dried parsley
- 1/2 tsp dried dill weed
- 2 cups dried pasta (penne, bowties, wide egg noodles, linguini broken in half, etc - your choice)

DIRECTIONS

1. Heat a large (appx. 4 quart) pot to medium high heat and add butter and garlic.
2. Sautee for a minute or so, then add celery and carrots.
3. Add stock, turkey, salt, pepper, parsley and dill to the pot and bring to a low boil.
4. When the soup has come to a boil, add pasta and cook until done.
5. Check salt and re-season if necessary
6. Serve with those leftover rolls if you still have any!





TURKEY POT PIE

INGREDIENTS

- Two pie crusts for top and bottom, at least one deep shell
- 1-2 cups leftover turkey meat (ideally you can use up the dark meat and pieces that aren't as aesthetically pleasing for this recipe)
- 2 cups of various cooked vegetables in gravy

DIRECTIONS

1. Spray a deep dish pie pan with cooking spray or coat with butter and sprinkle flour over it till covered.
2. Roll your favorite pie crust recipe out to a 1/4 inch thick circle, about 1-2 inches larger than your pie pan. Roll the circle of dough onto your rolling pin and gently unroll back over the pie pan.
3. Smooth out bubbles and press dough so it reaches the sides. Try not to stretch the dough too much as it will shrink while cooking
4. Prepare a top for the pot pie by rolling out another circle that is approximately 1-2 inches wider than the pie pan. Set aside and prepare filling.



THE FILLING

OPTION 1: USE WHAT YOU HAVE

This is the perfect opportunity to use up any vegetable side dishes that you either have a ton of or weren't huge winners, or you're just so tired of eating on their own you may scream. I tend to use up green bean casserole, cooked carrots, roasted squash and other root vegetables, anything with veg that has already been cooked

If you choose this option and you have at least one veg with a saucy base (such as green bean casserole or creamed spinach), simply add 1 cup vegetable, chicken or turkey stock, season to taste with any additional spices if your vegetables are not heavily seasoned already; always taste as you go when cooking.

Alternatively, you can add 1 1/2 cup of turkey or chicken gravy (leftover or canned) to the vegetables and mix well, season to taste.

If you are not starting with a side containing a sauce of some kind, and have only roasted root vegetables or similar:

Dredge (coat) all ingredients in

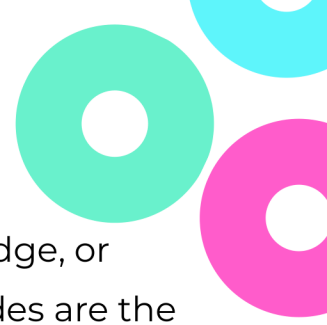
- 1/4 cup of all purpose flour
- 1 tsp salt
- 1/2 tsp pepper
- 1/2 tsp thyme, rosemary and parsley.

In 2 tbsp butter, sauté to toast the flour on the vegetables - about 5 minutes on medium high heat.

Add 1 1/2 cups of vegetable, chicken, or turkey stock. Cook for a few minutes until flour and liquid form a thin gravy, stirring regularly so nothing sticks to the pan. Add chopped turkey and add filling to prepared deep dish pie shell

THE FILLING

OPTION 2: FROM SCRATCH



If you're perfectly happy with the status of the side dishes in your fridge, or you've already gone through all of it because let's be honest - the sides are the real star of the show this holiday:

INGREDIENTS

- 2 tablespoons butter
- 1 half onion, chopped
- 2 tablespoons minced garlic
- 1/4 cup all purpose flour
- 2 tsp salt
- 1/2 tsp black pepper
- 1 tsp each chopped rosemary, thyme and parsley (or whichever herbs you have)
- 1 1/2 cups vegetable, chicken, or turkey stock
- 2 cups of:
 - frozen mixed vegetables of choice or
 - 3-4 carrots, chopped; 2-3 stalks of celery; 1 cup frozen peas; sliced mushrooms (optional)

DIRECTIONS

1. Sauté onion and garlic in 2 butter until onion is translucent
2. If using mushrooms, add and cook till they give up liquid, drain
3. Add carrots and celery, cook approximately 7 minutes, or until tender
4. Sprinkle flour and herbs over vegetables and cook 3-5 minutes to toast the flour. Add stock and cook until all flour has dissolved and gravy has thickened somewhat
5. Mix in 1 cup still-frozen peas, as well as chopped turkey and dump into deep pie shell
6. Top the whole thing off with your second pie crust, using the same technique as before to roll the crust over the pan with the rolling pin.
7. Dab some water to the rim of the bottom pie crust to help the top adhere to it and press them together using fingers to pinch, or fork tines to press them down.
8. Cut several slits into the top of the pie or cut a pretty design into it. It simply needs some way to vent the steam that will come from inside as it cooks. Place on a baking sheet to catch any overflow
9. Bake at 400F for 45 minutes
10. If the edges start getting too dark as it cooks, gently cover the rim of the pie with foil, leaving the middle open to the oven

GRATEFUL HARVEST

Alcoholic Recipe

- 1.5 oz bourbon
- 0.5 oz cranberry juice
- 0.75 oz maple syrup
- 1 dash bitters
- Orange twist for garnish

Mocktail Recipe

- 1 oz cranberry juice
- 1 oz apple juice
- 0.5 oz maple syrup
- Dash of orange bitters
- Orange slice for garnish

Instructions

1. Combine bourbon, cranberry juice, maple syrup, and bitters in a shaker with ice.
2. Shake well and strain into a glass over ice.
3. Garnish with an orange twist.



MIDNIGHT RUSH

Alcoholic Recipe

- 1.5 oz black vodka
- 0.5 oz coffee liqueur
- 0.75 oz cream
- Crushed ice
- Coffee beans for garnish

Mocktail Recipe

- 1 oz cold brew coffee
- 1 oz chocolate syrup
- 0.5 oz cream
- Ice cubes
- Whipped cream and chocolate shavings for garnish

Instructions

1. Fill a glass with crushed ice.
2. Pour black vodka, coffee liqueur, and cream over the ice.
3. Stir gently and garnish with coffee beans.



LOCAL GEM

Alcoholic Recipe

- 2 oz gin
- 0.75 oz lemon juice
- 0.5 oz honey syrup
- 3-4 fresh basil leaves
- Club soda
- Lemon wheel for garnish

Mocktail Recipe

- 1 oz lemon juice
- 0.5 oz honey syrup
- 3-4 fresh basil leaves
- Club soda
- Lemon wheel for garnish

Instructions

1. Muddle basil leaves in a glass with lemon juice and honey syrup.
2. Add gin and fill the glass with ice.
3. Top with club soda and stir gently.
4. Garnish with a lemon wheel.





FRUGAL BLISS

Alcoholic Recipe

- 1.5 oz rum
- 0.75 oz lime juice
- 0.5 oz simple syrup
- Mint leaves
- Soda water
- Lime wedge and mint sprig for garnish

Mocktail Recipe

- 1 oz lime juice
- 0.5 oz simple syrup
- Mint leaves
- Soda water
- Lime wedge and mint sprig for garnish

Instructions

1. In a glass, muddle mint leaves with lime juice and simple syrup.
2. Add rum and fill the glass with ice.
3. Top with soda water and stir gently.
4. Garnish with a lime wedge and mint sprig.

DIGITAL DREAM

Alcoholic Recipe

- 1.5 oz vodka
- 0.75 oz blue curaçao
- 1 oz pineapple juice
- 0.5 oz lime juice
- Crushed ice
- Lime wheel and maraschino cherry for garnish

Mocktail Recipe

- 1 oz blue raspberry syrup
- 1 oz pineapple juice
- 0.5 oz lime juice
- Crushed ice
- Lime wheel and maraschino cherry for garnish

Instructions

1. Fill a glass with crushed ice.
2. Pour vodka, blue curaçao, pineapple juice, and lime juice over the ice.
3. Stir gently and garnish with a lime wheel and maraschino cherry.



JOYFUL GIVING

Alcoholic Recipe

- 1.5 oz tequila
- 0.5 oz triple sec
- 1 oz cranberry juice
- 0.75 oz lime juice
- 0.5 oz simple syrup
- Cranberries and lime wheel for garnish

Mocktail Recipe

- 1 oz cranberry juice
- 0.75 oz lime juice
- 0.5 oz simple syrup
- Soda water
- Cranberries and lime wheel for garnish

Instructions

1. In a shaker, combine tequila, triple sec, cranberry juice, lime juice, and simple syrup with ice.
2. Shake well and strain into a glass over ice.
3. Top with soda water and garnish with cranberries and a lime wheel.



CROCHET, KNITTING & SEWING PATTERNS



RAINBOW BLANKET

[To view the pattern, click here](#)

[To support the artist and purchase a printable version of the pattern view their store on Etsy, click here](#)

[or Ravelry, click here](#)

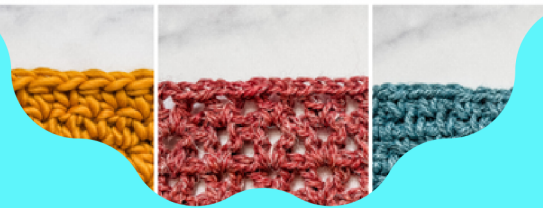
5 EASY CROCHET STITCH PATTERNS FOR BEGINNERS

Click here to learn how to do the [V-Stitch](#), [Moss Stitch](#), [Puff Stitch](#), [Griddle Stitch](#), and [Shell Stitch](#)



5

Easy Crochet
Stitch Patterns for
Beginners





COLORING PAGES & OTHER ACTIVITIES





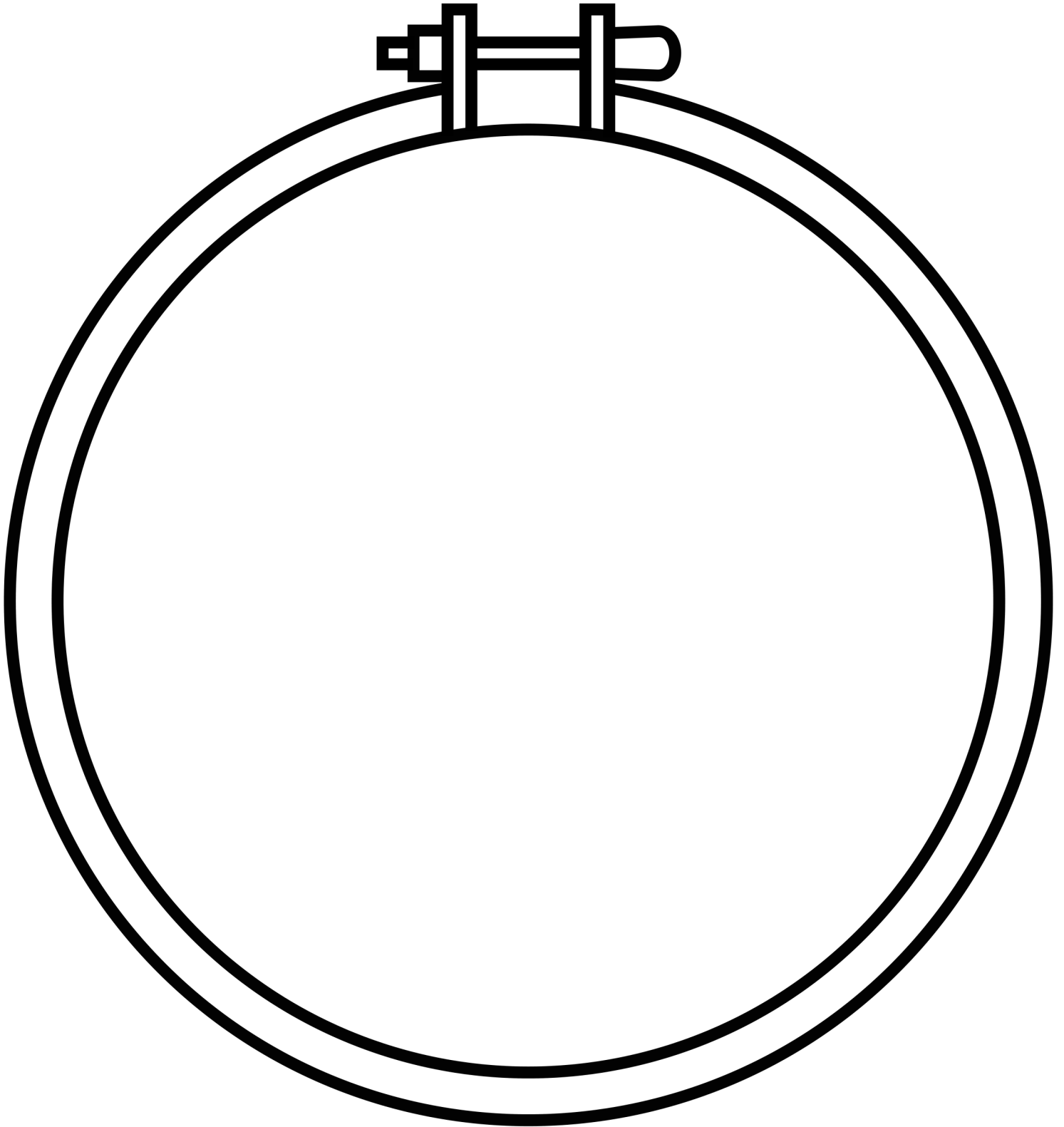
Autumn



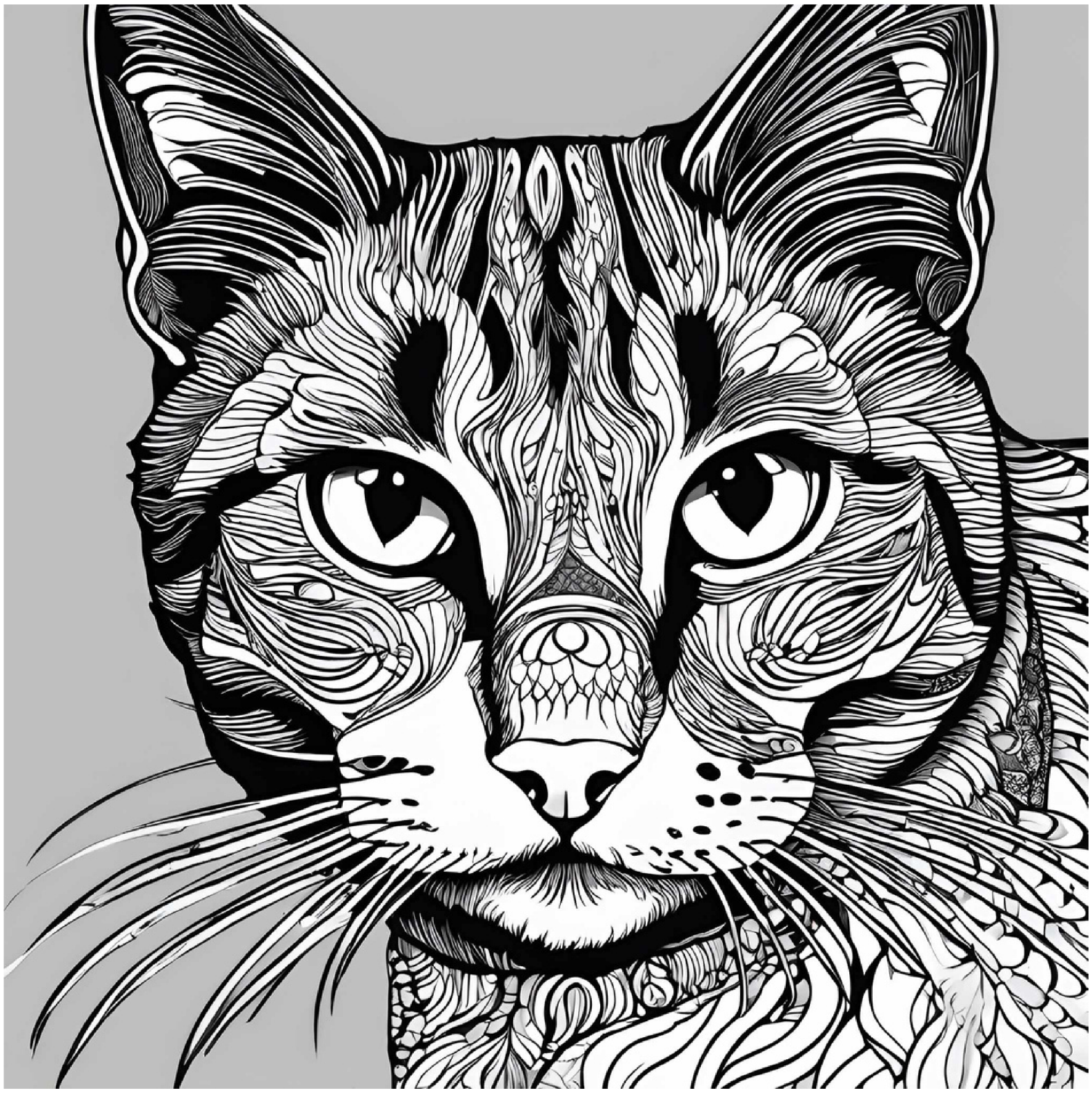




DESIGN YOUR OWN EMBROIDERY CRAFT





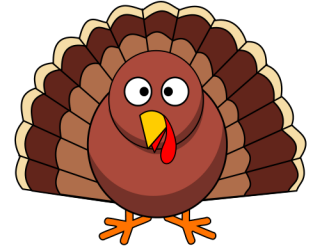




MEOWY HOLIDAYS



THANKSGIVING WORD SEARCH



Find the hidden Thanksgiving words.

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

☐

PIE

☐

HAT

☐

ACORN

☐

CORN

☐

FAMILY

☐

AUTUMN

☐

DINNER

☐

BREAD

☐

PUMPKIN

☐

HARVEST

☐

WHEAT

☐

TURKEY



ZOMBIE APOCALYPSE ACTION PLAN

Risk Assessment Worksheet
Safe Haven Selection Worksheet
Resource Inventory Worksheet
Weapon and Defense Worksheet
Emergency Contact List
Route Planning Worksheet
Skill Assessment Worksheet
First Aid & Medical Worksheet
Emergency Drills & Training Worksheet
Mental Health & Wellbeing Worksheet
Sustainable Living Worksheet



RISK ASSESSMENT WORKSHEET

1 = Critical
2 = Serious
3 = Moderate
4 = Minor
5 = Negligible

		Probability			
		A	B	C	D
Severity	I	1	1	2	3
	II	1	2	3	4
	III	2	3	4	5
	IV	3	4	5	5

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SAFE HAVEN SELECTION CHECKLIST

Finding a safe haven during a zombie apocalypse is crucial for survival. Here's a checklist of things to consider when evaluating potential safe havens.

Remember that flexibility and adaptability are key during a zombie apocalypse. It's essential to continuously reassess the situation and be prepared to relocate if the current safe haven becomes compromised or unsustainable.

SECURITY:

- ☐ Is the location easily defensible? Look for natural barriers, sturdy walls, or fences.
- ☐ Are there limited entry points? Fewer entrances make it easier to control and defend.

SUSTAINABILITY:

- ☐ Is the area suitable for agriculture or gardening to provide a long-term food source?
- ☐ Are there renewable energy sources like solar or wind power?

MEDICAL FACILITIES:

- ☐ Are there medical supplies or facilities nearby?
- ☐ Consider the availability of pharmacies or medical centers in the vicinity

COMMUNITY:

- ☐ Are there potential allies or survivors in the area?
- ☐ Consider the size and dynamics of any existing or potential community.

PROXIMITY TO RESOURCES:

- ☐ Is the safe haven close to a water source, such as a river or well?
- ☐ Are there nearby sources of food, such as farms, wildlife, or non-perishable supplies?

CONCEALMENT:

- ☐ Does the safe haven blend into the surroundings to avoid attracting attention?
- ☐ Are there natural elements, like trees or hills, that can provide cover?

COMMUNICATION:

- ☐ Does the area have good visibility for signaling and monitoring the surroundings?
- ☐ Is there a vantage point for communication devices, such as a radio antenna?

PERSONAL SKILL SET:

- ☐ Does the safe haven align with your skills and abilities for survival?
- ☐ Consider whether the location allows you to contribute effectively to the group's well-being.

ACCESSIBILITY:

- ☐ Can you easily reach the safe haven on foot or by vehicle?
- ☐ Consider the terrain and potential obstacles in the surrounding area.

INFRASTRUCTURE:

- ☐ Is there a stable and intact structure for shelter?
- ☐ Check for any necessary facilities such as bathrooms, storage, and sleeping quarters.

ESCAPE ROUTES:

- ☐ Identify multiple escape routes in case the safe haven is compromised.
- ☐ Ensure easy access to vehicles and fuel for a quick exit if needed.

CLIMATE CONSIDERATIONS:

- ☐ Take into account the local climate and how it may impact your ability to survive.
- ☐ Consider the availability of suitable clothing and shelter for different seasons.

RESOURCE CHECKLIST

FOOD & WATER	✓
Non-perishable food items (canned goods, dried fruit, nuts)	
Water (at least one gallon per person per day)	
Water purification tablets or filters	

FIRST AID KIT	✓
Bandages, gauze, and adhesive tape	
Antiseptic wipes and ointment	
Pain relievers and any necessary prescription medications	
Tweezers, scissors, and a first aid manual	

SHELTER & CLOTHING	✓
Tent or tarp	
Sleeping bag or blankets	
Weather-appropriate clothing (including sturdy shoes)	

TOOLS AND EQUIPMENT	✓
Multi-tool or Swiss army knife	
Flashlights with extra batteries	
Portable solar charger for electronic devices	
Duct tape and rope	

COMMUNICATION	✓
Battery-powered or hand-crank radio	
Whistle	
Signal mirror	
Notepad and pen	

PERSONAL HYGIENE & SANITATION	✓
Soap, toothbrush, and toothpaste	
Hand sanitizer	
Wet wipes or baby wipes	
Portable toilet or supplies for improvising one	

SURVIVAL GEAR	✓
Firestarter (matches, lighters, or fire striker)	
Compass and map of the area	
Mylar emergency blankets	
Multipurpose tool	

PERSONAL DOCS	✓
Identification (driver's license, passport)	
Emergency contact information	
Important medical records and insurance information	
Cash in small denominations	

MISCELLANEOUS	✓
Emergency cash	
Spare keys to your home and vehicle	
Compact mirror for signaling	
Entertainment items (books, cards, or games)	

SELF-DEFENSE	✓
Weapons	

INVENTORY
NEXT

RESOURCE INVENTORY

[illegible]

WEAPONS & DEFENSE WORKSHEET

Use this sheet to list all of your available weapons and their effectiveness. Include instructions for using and maintaining weapons and defense strategies against zombies.

Weapon / Where to find it

How to use this weapon

How to maintain this weapon

How to use this against zombies?

Weapon / Where to find it

How to use this weapon

How to maintain this weapon

How to use this against zombies?

EMERGENCY CONTACT LIST

Name	
Safe Haven	
Contact Method	
Meeting Location	

Name	
Safe Haven	
Contact Method	
Meeting Location	

Name	
Safe Haven	
Contact Method	
Meeting Location	

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Meeting Location	

Name	
Safe Haven	
Contact Method	
Meeting Location	

SKILLS ASSESSMENT CHECKLIST

Use this worksheet to list and assess you and your group members proficiency at survival skills.

[illegible]

FIRST AID PROCEDURES

PROCEDURE NAME & WHEN YOU WOULD NEED IT

TOOLS NEEDED

PROCEDURE

[illegible]

RISKS

DRILL SCHEDULE

Use this schedule to plan out drills and survival training for your group

	MON	TUE	WED	THU	FRI
6:00					
7:00					
8:00					
9:00					
10:00					
11:00					
12:00					
13:00					
14:00					
15:00					
16:00					
17:00					
18:00					
19:00					
20:00					
21:00					

MENTAL HEALTH & WELLBEING

List your coping strategies that help with stress and fear. Jot down activities that help maintain morale and mental health.

ACTIVITIES

COPING STRATEGIES

SUSTAINABILITY TECHNIQUES

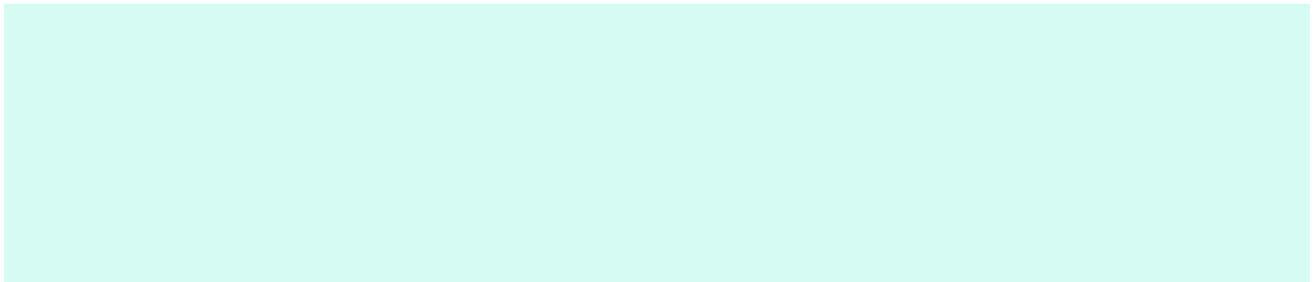
TECHNIQUES FOR GROWING FOOD:

A large, solid pink rectangular area intended for notes on growing food techniques.

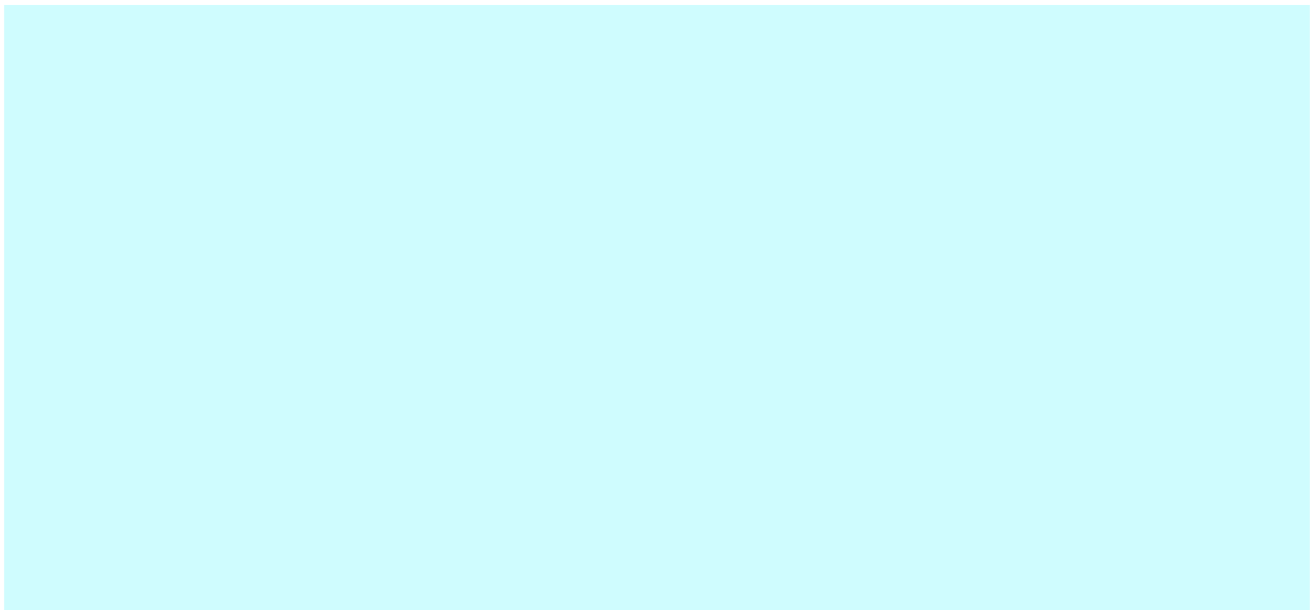
TECHNIQUES FOR COLLECTING WATER:

A large, solid yellow rectangular area intended for notes on collecting water techniques.

TECHNIQUES FOR GENERATING POWER:

A large, solid teal rectangular area intended for notes on generating power techniques.

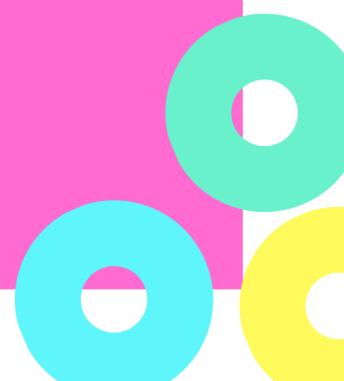
LONG-TERM SUSTAINABILITY PLAN

A large, solid light blue rectangular area intended for notes on the long-term sustainability plan.



NEURODIVERGENT GUIDE TO HOLIDAY SELF-CARE

10 Blanket Fort Ideas
Floor Time is YOUR time!
Safe Foods to Bulk Order Over the Holidays
The Scroll Hole-iday
3 Steps to Revive a Hyperfocus
Buy New Craft Supplies
Fantasy Planning!
Lego Ideas for Adults Who Aren't Boring
Petting Animals
Sensory 4 Course Meals
Magical Child Liberation



10 BLANKET FORT IDEAS

UNDERWATER ADVENTURE

Construct a blanket fort with blue blankets and hang sea creature decorations inside. Add some soft, plush sea animals and create a cozy space where you can imagine being underwater.

SPACE ODYSSEY

Use dark blankets and hang glow-in-the-dark stars and planets. Add some LED lights to simulate a space atmosphere. This fort could be your personal spaceship or a cozy spot on an alien planet.

MEDIEVAL CASTLE

Build a fort using blankets with a stone-wall pattern. Add cardboard cutouts of shields and swords, and create a medieval-themed fort where you can embark on imaginary quests and adventures.

JUNGLE SAFARI

Use green blankets to create a jungle canopy, and hang stuffed animals like monkeys and lions. Scatter some artificial leaves on the floor to create a jungle floor, and imagine going on a safari adventure.

TIME-TRAVEL TENT

Combine different-colored blankets to represent different eras in time. Create time-traveling props like clocks, hourglasses, and futuristic gadgets. Travel through time while enjoying the cozy confines of your fort.

SUPERHERO HIDEOUT

Use superhero-themed blankets and decorate the fort with superhero logos and symbols. Include capes, masks, and action figures inside for an epic superhero headquarters.

CAMPING RETREAT

Construct a fort with earth-toned blankets to simulate the outdoors. Add camping gear, like a small lantern, sleeping bags, and perhaps even a fake campfire using LED lights.

ENCHANTED FOREST

Hang green and brown blankets to create a forest atmosphere. Add fairy lights for a magical touch, and include plush woodland creatures for a whimsical, enchanted forest experience.

DINOSAUR DEN

Use dinosaur-printed blankets and hang dinosaur cutouts. Place dinosaur toys inside the fort, and let your imagination transport you to a prehistoric world full of dinosaurs.

WINTER WONDERLAND

Use white blankets and hang snowflakes and icicles. Add soft blankets and pillows to simulate snowdrifts, creating a cozy winter wonderland where you can hibernate like a bear or have snowball fights with imaginary friends.

FLOOR TIME IS YOUR TIME!

How does it help?

Sensory Integration:

Spending time on the floor allows for increased sensory input. The textures and pressures experienced while on the floor can help individuals with sensory processing difficulties regulate their sensory systems. This is particularly relevant for individuals with autism who may have sensory sensitivities or seek certain types of sensory input.

Proprioceptive Input:

Activities on the floor often involve weight-bearing through the hands, arms, and trunk. This type of proprioceptive input can be calming and organizing for individuals with ADHD and autism. It enhances body awareness and contributes to a better understanding of one's body in space.

Motor Planning and Coordination:

Engaging in activities on the floor can promote the development of motor planning and coordination skills. These skills are essential for daily activities such as dressing, grooming, and meal preparation.

Social Interaction:

Floor activities can facilitate social interaction in a less structured and intimidating environment. This is particularly important for individuals with autism who may struggle with social communication. Being on the floor can create a more relaxed setting, allowing for natural interactions and shared activities.

Flexibility and Strength:

Many floor activities involve various movements and positions that can contribute to improved flexibility and strength. This is important for individuals with ADHD and autism who may have challenges with motor skills and coordination.

Environmental Adaptation:

Spending time on the floor can also be a practical recommendation for adapting the environment. It may involve creating comfortable seating arrangements or workstations at ground level, allowing individuals to engage in activities more comfortably.

Self-Regulation:

For individuals with ADHD and autism, the floor can provide a space for self-regulation. It allows them to choose and control their positions, movements, and sensory experiences, promoting a sense of autonomy and self-regulation.

FLOOR TIME IDEAS

CALMING SENSORY CORNER

Create a cozy corner with soft pillows, blankets, and calming sensory items like fidget toys, stress balls, or textured fabrics. This can serve as a retreat for relaxation.



VISUAL EXPLORATION

Use light projectors, lava lamps, or bubble tubes to create visually stimulating environments. Adjust the lighting to accommodate sensory preferences, providing a calming or invigorating atmosphere.



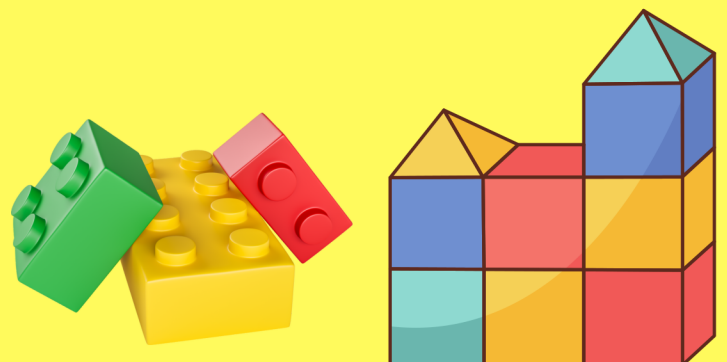
MUSIC & MOVEMENT

Explore music together by playing instruments, dancing, or engaging in rhythmic activities. Use different genres and tempos to see which resonates best with the individual.



BUILDING & CONSTRUCTION

Provide a variety of building materials such as blocks, Legos, or magnetic tiles. Building activities can promote fine motor skills, creativity, and problem-solving.



SAFE FOODS TO BULK ORDER OVER THE HOLIDAYS

I am frequently asked for a list of easy foods, so I have finally made one! With links!!! In addition to being neurodiverse, I am also hypoglycemic (fun fact: this is a known comorbidity), so when I miss my food window, it's a real problem. For me, the best strategy is a dose of pure carbs, followed by some protein, followed by more carbs and protein, until I'm not woozy and hangry.

I keep little stashes of food in both my office and my bedroom, because sometimes inertia is a part of the problem, and if eating depends on me getting to the kitchen, there could be issues. In terms of supplies, the only thing you need for most of this is a microwave or water, frequently boiling. I strongly recommend an electric kettle, because it's fast and you can keep water in it at all times.

Some notes on diet: I am allergic to wheat, so this list is heavy on protein and gluten-free carbs. A lot of it has to be shipped, but some of it will be available at your local organic food store. MOST of it comes in single-serve packages, and generates an uncomfortable amount of trash. Your mileage may vary, but I have decided that for me, creating long-term sustainability requires me to be nourished first.

-BRIAR

30 SECOND CARBS

- 🍏 [Applesauce pouches](#)
- 🍹 [Kencko smoothies](#) (I keep the shaker bottle prefilled with water, and have pouches + protein powder with it)
- 🍇 Dried fruit ([single-serve plums](#) keep forever)
- 🍭 [Kencko Gumdrops](#)
- 🍪 Granola or [seed bars](#)

30 SECOND PROTEIN:

- 🍖 [Meat sticks](#)
- 🍖 [Jerky](#) or [Biltong](#)
- 🥓 [Precooked bacon](#)
- 🥜 Individual packs of peanuts, cashews, trail mix
- 🍫 [GFB Bars](#)

2 MINUTE CARBS (IN THE KITCHEN):

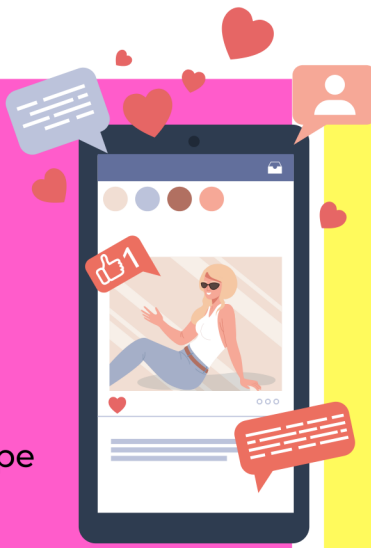
- 🍞 [Base Culture Bars](#)
- 🥣 [Daily Harvest Bowl](#)
- 🥕 Baby carrots and [individual hummus](#)

2 MINUTE PROTEIN (IN THE KITCHEN):

- 🥚 [Hardboiled eggs](#) (I buy them pre-peeled in packs of 2)
- 🍲 [Bone Broth pouches](#)
- 🍲 [Revive Super Meals](#)
- 🍲 [Kencko Bowls](#)

THE SCROLL HOLE-IDAY

Give yourself permission to escape the holiday mayhem, by diving into a scroll hole, *on purpose*



SET A TIME LIMIT

Decide in advance how much time you want to allocate for your scroll hole.

This ensures that your escape remains a brief and controlled break rather than an extended distraction.

CURATE POSITIVE CONTENT

Choose accounts or hashtags that focus on positive, uplifting, or humorous content.

Whether it's cute animals, motivational messages, or comedy sketches, curate a feed that brings joy and lightens your mood.

CREATE A RELAXING ENVIRONMENT

Set up a comfortable space with pillows or blankets, dim lighting, and perhaps a cup of your favorite beverage. Make the experience cozy and enjoyable.



MINDFUL SCROLLING

Be intentional about your scrolling. Instead of mindlessly swiping, engage with the content.

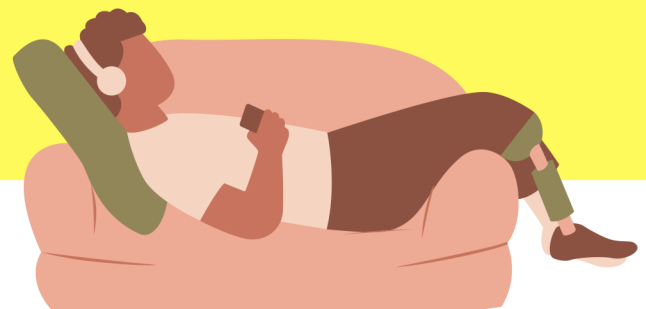
Like, comment, or save posts that resonate with you. This can turn your scroll hole into a more interactive and enjoyable experience.

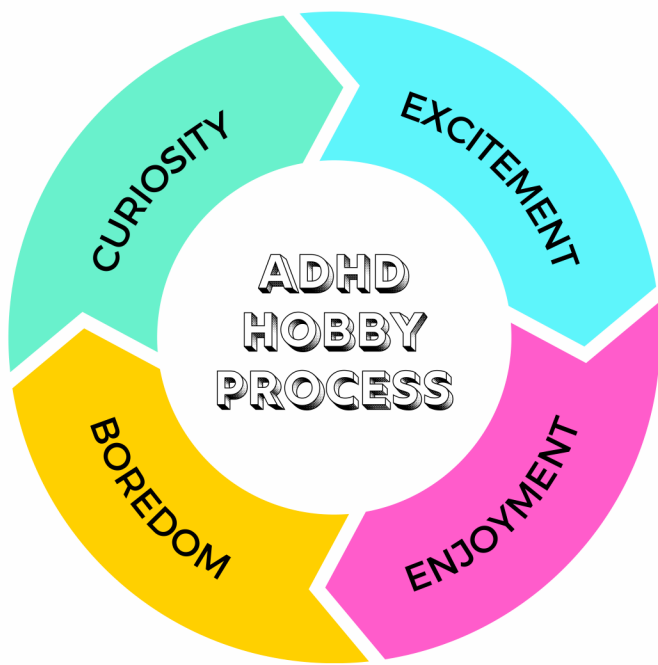


LIMIT NOTIFICATIONS

Consider turning off non-essential notifications during your scroll hole to minimize distractions.

This way, you can immerse yourself in the content without interruptions.





STAGES OF ADHD HYPERFOCUS HOBBIES

Curiosity - getting interested and learning about it

Excitement - talking about the hobby with literally anyone, and getting all the supplies

Enjoyment - the peak of the cycle. Our brain is getting all the dopamine

Boredom - the end where we get burnt out, tired or just bored of it and never do it again

3 STEPS TO REVIVE A HYPERFOCUS

Break it Down:

Instead of diving in headfirst, set smaller, time-limited goals for your hobbies. It could be dedicating 30 minutes a day or completing a specific part of the project within a week. This way, it feels more doable and less overwhelming, making it easier to get back into the groove.

Mix Things Up:

Think about combining aspects of your hyperfocused hobbies. This might add a new twist and make things more interesting. By blending elements, you can create a unique experience that keeps you engaged and prevents things from getting stale.

Rotate Your Hobbies:

Try creating a schedule where you rotate through your hyperfocused hobbies. This way, you give each one its time without completely dropping anything. Allocate specific days or times for different hobbies, keeping the excitement alive and avoiding the boredom that can set in when you stick to just one thing.

And **remember**, it's absolutely okay to put down hobbies and pick them back up later. Your interests can change and evolve over time, and taking breaks doesn't diminish the value of what you're into. Listen to your own rhythm, and if a hobby isn't clicking right now, it's fine to let it rest. Sometimes, a bit of distance can bring back the spark when you revisit it later. Embrace the fact that your interests are fluid, and the journey of discovering what brings you joy is an ongoing process.

BUY NEW CRAFT SUPPLIES!

EMBROIDERY HOOP ART:

Transform plain fabric into beautiful wall art using embroidery hoops. Experiment with different stitches and color combinations to create unique and personalized designs.

- Embroidery hoops
- Embroidery floss in various colors
- Aida cloth or fabric
- Embroidery needles
- Embroidery patterns or stencils



DIY TERRARIUMS:

Create your miniature ecosystem with DIY terrariums. Arrange small plants in glass containers, adding layers of soil and decorative elements to craft your own tiny, vibrant landscapes.

- Glass containers or jars
- Succulents or small indoor plants
- Potting soil
- Decorative stones or pebbles
- Miniature figurines or ornaments



PAPER QUILLING

Craft intricate and visually stunning greeting cards using the art of paper quilling. Roll, shape, and glue paper strips into delicate designs to adorn your personalized cards.

- Quilling paper strips in various colors
- Quilling tool
- Cardstock or blank cards
- Glue
- Quilling patterns or designs



POLYMER CLAY JEWELRY:

Unleash your creativity by crafting unique polymer clay jewelry. Mold and bake the clay to create earrings, pendants, and beads. Add personal touches with paint or other embellishments.

- Polymer clay in assorted colors
- Clay tools (cutters, rollers, etc.)
- Jewelry findings (jump rings, earring hooks, etc.)
- Acrylic paint (for detailing)
- Baking sheet and oven



MASON JAR CANDLE HOLDERS:

Transform simple mason jars into charming candle holders. Paint the jars in your favorite colors, add decorative touches, and place candles inside for a cozy and personalized ambiance.

- Mason jars in various sizes
- Acrylic paint or spray paint
- Paintbrushes or sponges
- Tea light or votive candles
- Decorative accents (ribbons, twine, etc.)



FANTASY PLANNING

WHERE WILL YOU BE IN 5 YEARS? WHO KNOWS!
TIME IS A MEANINGLESS SOCIAL CONSTRUCT! LET'S MAKE UP SOMETHING FUN.

It's been 5 years, what have you achieved? Moved to mars? Invented time travel?

Where do you live at? (Mars, different country, different universe?)

What have you enjoyed doing?

What have your biggest wins been these past 5 years?

What have you learned?

Have you mastered any hobbies?



LEGO IDEAS FOR ADULTS WHO AREN'T BORING

UNDERWATER KINGDOM:

Dive into the depths and build an underwater world with sea creatures, submarines, and hidden treasures.

MINATURE CITYSCAPE

Build a bustling cityscape complete with skyscrapers, houses, and parks. Add little LEGO people to populate your bustling metropolis.

SPACESHIP ADVENTURE:

Design your own intergalactic spaceship with unique features. Create an alien crew and imagine exciting space adventures

MEDIEVAL CASTLE:

Construct a medieval castle with knights, archers, and a dragon. Create a fortress with working drawbridges and towers.

ROBOT RUMBLE ARENA:

Build a futuristic arena for robot battles. Create customized robots and let the LEGO mayhem unfold.

LEGO MAZE CHALLENGE:

Build a maze with twists, turns, and challenges. Time yourself or challenge friends to navigate the maze with LEGO figures.

STEAMPUNK AIRSHIP:

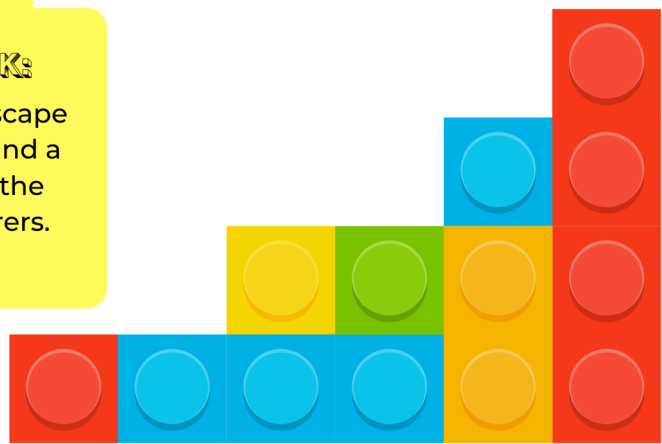
Combine gears, cogs, and unique LEGO pieces to craft your own steampunk airship. Imagine epic journeys through the skies.

ZEN GARDEN RETREAT:

Design a peaceful Zen garden with LEGO bonsai trees, meditation spaces, and a koi pond. Create a tranquil retreat for minifigure relaxation.

JURASSIC DINO PARK:

Recreate a prehistoric landscape with dinosaurs, a volcano, and a research station. Imagine the adventures of brave explorers.



PETTING ANIMALS

Here's a silly list of reasons to pet and not pet certain animals



Dogs:

Can Be Pet: Anytime, anywhere. Even in their sleep.
Cannot Be Pet: During their intense squirrel chase mode.



Cats:

Can Be Pet: When they feel like it, usually right after they've ignored you for hours.

Cannot Be Pet: During the "I'm plotting world domination" planning sessions.

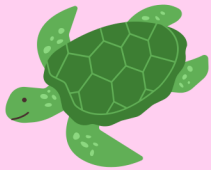
Llamas:

Can Be Pet: Yes, if you've mastered the art of llama diplomacy.
Maybe Pet: When they're feeling particularly fluffy.



Hedgehogs:

Can Be Pet: If you're brave enough to navigate the spiky fortress.
Maybe Pet: When they're feeling extra hedgehug-friendly.



Turtles:

Can Be Pet: Gently, and only if they're in the mood for a slow stroll.

Cannot Be Pet: Without respecting their "shell time" boundaries.



Chickens:

Can Be Pet: Yes, but watch out for the sassy clucks.

Cannot Be Pet: During egg-laying negotiations.

Penguins:

Can Be Pet: In your dreams of Antarctic cuddles.

Cannot Be Pet: Without a chilly encounter in their natural habitat.



Rabbits:

Can Be Pet: When they're not busy nibbling everything in sight.

Cannot Be Pet: During carrot hoarding sessions

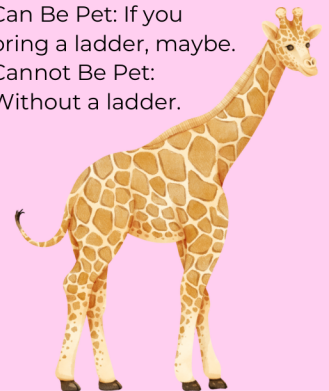
Sloths:

Can Be Pet: If you're patient enough to catch up.
Maybe Pet: During their once-a-week energy burst.



Giraffes:

Can Be Pet: If you bring a ladder, maybe.
Cannot Be Pet: Without a ladder.



Elephants:

Can Be Pet: In your imagination, while on a magical safari.
Cannot Be Pet: Without proper elephant etiquette training.



Kangaroos:

Can Be Pet: If you're ready for a hoppy encounter.

Cannot Be Pet: Without being prepared to defend yourself in case it wants to fight



Ferrets:

Can Be Pet: Yes, especially during their high-energy playtime.

Maybe Pet: When they're plotting their next escape.



Owls:

Can Be Pet: If you're a wizard or have a Hogwarts acceptance letter.
Maybe Pet: During late-night philosophical discussions.



Bears:

Reasons to Pet: Bears have a reputation for being cuddly, especially when depicted in cartoons. If you find a bear in a bowtie with a "Free Hugs" sign, you might be onto something.

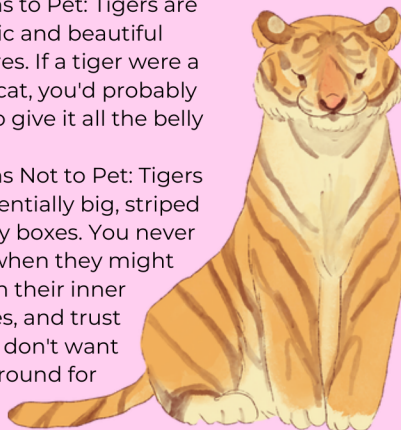
Reasons Not to Pet: Bears are basically nature's furry tanks. Petting one could lead to an unexpected game of "Who Can Run Faster?" Spoiler: it's the bear.



Tigers:

Reasons to Pet: Tigers are majestic and beautiful creatures. If a tiger were a house cat, you'd probably want to give it all the belly rubs.

Reasons Not to Pet: Tigers are essentially big, striped mystery boxes. You never know when they might unleash their inner zoomies, and trust us, you don't want to be around for that.



Bats:

Reasons to Pet: Bats look like tiny sky puppies with wings. If Batman has a bat for a sidekick, why can't you?

Reasons Not to Pet: Bats are masters of social distancing, and they're not into personal space. Also, rabies. Maybe stick to stuffed animal bats for your cuddling needs.



SENSORY 4 COURSE MEAL

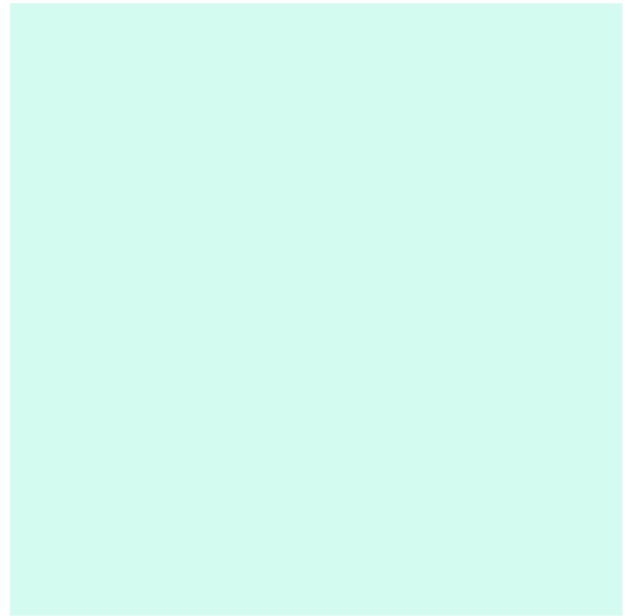
Plan out your own 4-course meal full of your favourite sensory foods

Textures	Flavors	Temperature	Aromas	Visual
Crunchy: Carrots, celery, apples, pretzels Chewy: Gummy candies, dried fruit, beef jerky Smooth: Yogurt, pudding, avocado	Sweet: Fruits, honey, cookies Salty: Pretzels, popcorn, nuts Sour: Citrus fruits, sour candies, yogurt	Hot: Soup, tea, hot chocolate Cold: Ice cream, frozen fruit, popsicles	Strong smells: Garlic, onions, spices Mild smells: Fresh fruit, bread, cheese	Brightly colored foods: Berries, peppers, colored candies Visually interesting foods: Foods with unique shapes or texture

Course 1:



Course 2:



Course 3:



Course 4:





MAGICAL CHILD LIBERATION WITH CHRISTIANA HERBERT

Hello and welcome to a brief guide that will help you get in touch with not just your inner child, but the part of you that holds a lot of magic, creativity, wisdom, and power! This guide is best used in tandem with the recorded session I made for Not Another Business Conference.

Did you know that you are composed of parts, and so is everyone else? Did you know it's perfectly normal to have conversations in your head between different "voices?" Drop the self-judgment and any worry about being sent to a padded room, friend, and let me tell you about Internal Family Systems! IFS, for short, is an evidence-based psychospiritual modality of self-understanding and healing. We could spend a lot of time going over the whole model but for now, I'll share the TL;DR summary! You have an entire system of parts that comprise your personality and inform how you show up in the world as well as your relationships, including your relationship with yourself. Each part of you has a reason for existing and a benevolent desire for the overall system. Where things can become heavy, unbalanced, or painful is when a part is carrying much more than it should, what we call being "overburdened" in IFS. In a typical IFS session, the goal is to discover parts, build rapport and trust, and get them in touch with Self energy (this is the IFS term for what others call Higher Self, Spirit, Soul, the true essence of Self that everyone has and no religion owns). Getting in touch with Self energy, even incrementally, will begin to unburden the parts, allowing them to become who they are meant to be. When this happens, truly amazing healing is possible!

First, get yourself into a comfortable position for some contemplation and reflection. You might want to have your journal handy, or feel free to take notes on these pages. The recorded portion of this class includes crafting as a means of self-expression and healing, so you may also want to prepare your favorite art supplies. Anything from crayons to markers to scrapbooking paper and stickers will be fun to play with. Make sure you can spend some time uninterrupted, silence your devices, and allow yourself the space to go within.



MAGICAL CHILD LIBERATION WITH CHRISTIANA HERBERT

As you allow yourself to relax, notice what comes up for you. What thoughts are here first? Often there are top-of-mind thoughts that come from parts that we call managers. They will remind you that you have a zillion things to do, a timeline to follow, and responsibilities. Take the time to notice what they say, instead of just pushing them away. If you need to write down a few things so they relax in the knowledge that nothing will be forgotten, do that now. Notice how different it is to acknowledge these voices instead of ignoring them or pushing them away. Then, as much as possible, offer your gratitude for their work. Managers are hard-working parts who often don't know when to stop but their desires to serve and protect you are quite noble! What are you noticing in these interactions? You can jot down your reflections here.

We are going to move deeper within now. Ask the busy parts, the ones you may have noticed first, if they would be willing to step back and give you some space to explore. Notice if your system is starting to unclench a bit to allow this. If not, bring your attention to wherever you still feel tense and acknowledge it. What does that part need? Is it something you can offer or do right now? Is it the simple acknowledgment that was needed? Keep going with this process until you begin to feel more calm and stillness within. Remember, we are never going for perfection, only incremental steps towards our goal of deeper exploration. You can share what you're noticing here.

MAGICAL CHILD LIBERATION

WITH CHRISTIANA HERBERT

Now, move deeper still. You can see yourself descending on an elevator or walking down a path, whatever helps you descend deeper within your inner world. Notice what is here. When you feel ready, ask yourself this question: Who did I know myself to be, before the world told me who I am? Notice the response. Many people are shown different things pertaining to a young child version of themselves. You might see memories, pictures, color and shapes, or even hear sounds. Another even more specific question to ask is: What kind of magic and creativity have I always held, before anyone told me otherwise? Explore the answers and let your system reveal the answer. The age of the inner magical child is often between about 3-6 years old, if you need the most specific target. What comes up here?

Allow yourself to explore and then ask: What does this part need or want from me? How can I allow this part to have greater expression today? What would this part like to create today? Pay attention to the answers. I want to name that there may be some grief or other strong emotions that come up in this exploration. This is perfectly normal. If you are someone who is creative, neurodivergent, or otherwise “different,” you may have struggled to express yourself or even to exist as your whole self when you were small. It’s unfair and also very common. My reminder to you today is that you are now the adult in the room. You are the adult that you might not have had back then. You can choose to love this little magical one in the way that they needed. You can let them express themselves and create through you today. Play is vitally important for waking up and getting in touch with our inner magical child, so make time for that regularly! Write down whatever has come up here.

MAGICAL CHILD LIBERATION

WITH CHRISTIANA HERBERT

Before “closing” the time with this part, you can choose to craft along with the recorded video. Let your intuition guide you as you express this part of yourself. What colors and textures does this part like to play with? What message would it like to express today? There are no wrong answers here!

Whenever it is time to “close,” be sure to offer the most heartfelt gratitude you can to your whole system. Many parts have worked together to create this experience today! Your inner magical one and all the parts that got out of the way deserve some well-earned gratitude. Be sure to ask them if there’s anything else they need. Your inner magical child would probably like you to come play more often, so see if that is something that you are willing to do in the future. Give hugs all around, exhale, and return to your usual operating system. How do you feel? Do you feel lighter and brighter? You just might! Take any final notes here.

Be sure to share any parts of your process within the Not Another Business Conference group! I would love to see your thoughts, reflections, and any artistic creations you made. Thank you for joining me today! I wish you much joy and fun in your further explorations.