



Steps Toward Taking Part

A relaxed, take-your-time kind of path — every step counts

1. **Open to hearing about it** – Maybe you're okay with someone mentioning it, or just not saying no straight away
2. **Letting a bit of info in** – A flyer, a quick chat, or someone explaining the plan nearby — that's enough for now
3. **Saying “maybe”** – Or “we'll see” — nothing's fixed, just leaving the door open
4. **Letting plans happen** – Someone else sorts the details and you go along with it — no pressure to lead
5. **Turning up** – Being there in whatever way works — in the car, hanging back, or walking the edge
6. **Being nearby** – Sitting somewhere that feels okay, even if not with the group
7. **Watching** – Keeping an eye on what's going on, quietly
8. **Moving through the space** – Exploring a bit, checking out corners, finding your own rhythm
9. **Letting someone talk to you** – Even just a few words or a hello — on your terms
10. **Being around the activity** – Maybe sitting close, maybe holding something, maybe not
11. **Joining in for a moment** – A small step, like passing a tool, adding a log to the fire — then stepping back if you want
12. **Choosing to stay a bit longer** – Not rushing off, just hanging out a little more
13. **Coming back** – Deciding it's okay to return another time
14. **Taking part a bit more** – Joining in with something that feels interesting or familiar
15. **Connecting with someone** – A chat, a smile, a shared moment — in your own way
16. **Asking for something** – Whether it's help, space, a turn, or to do something your way — when it feels right