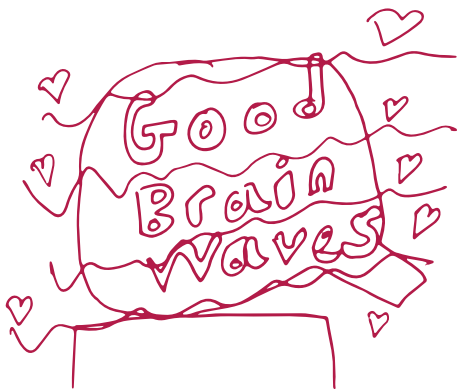
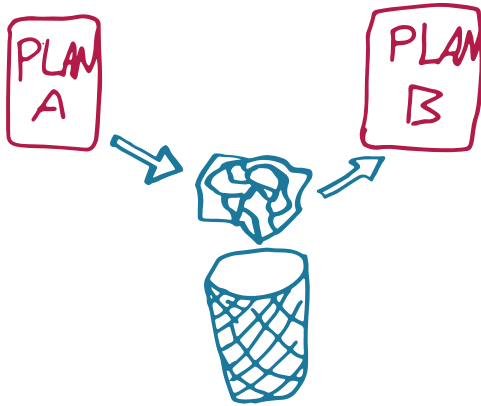


THE LITTLE BOOK OF BRAINWAVES



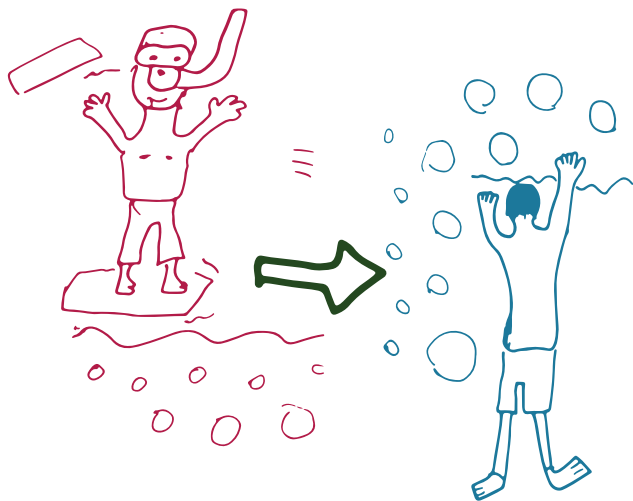




**THE PLAN
CAN
AND WILL
CHANGE**



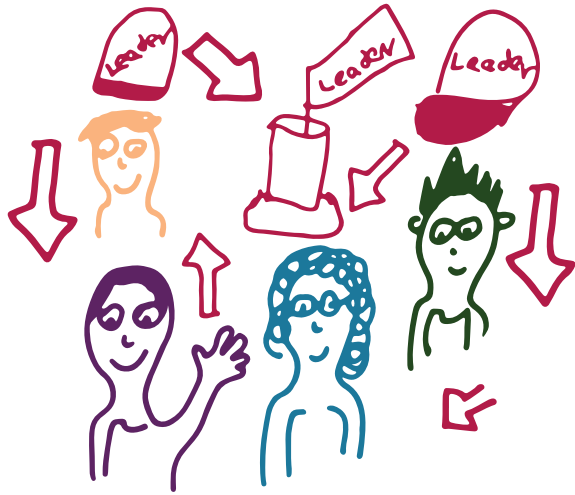
**GROUPS
ARE
GOOD**



GO AS
DEEP AS
YOU CAN



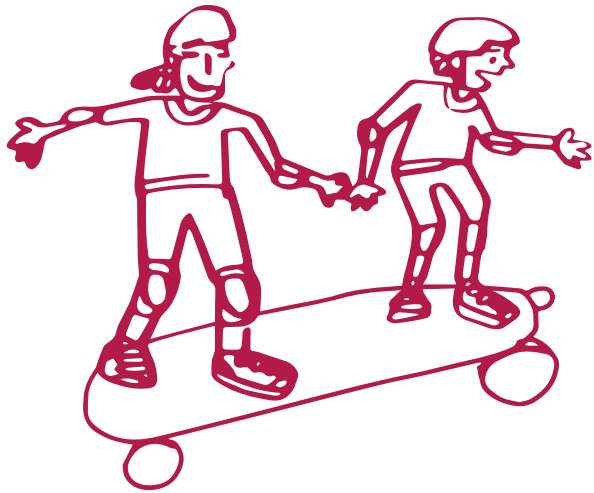
ENJOY
EVERYONE'S
DIFFERENCES



**LEADERSHIP
MOVES
AROUND**



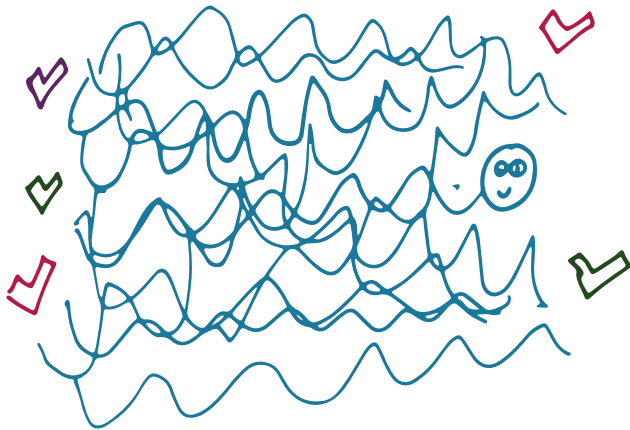
**KEEP
LEARNING**



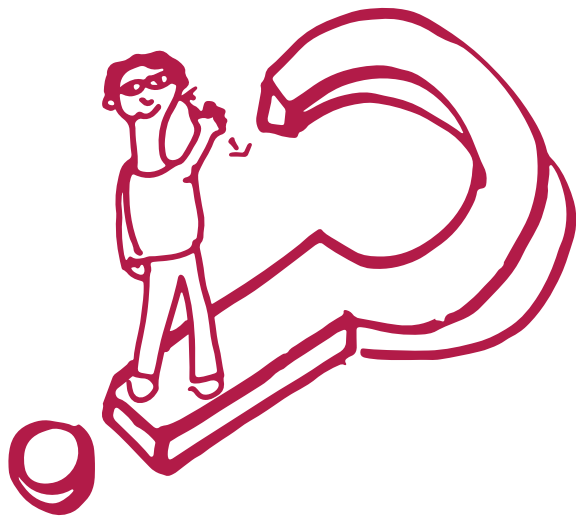
KEEP TRYING
NEW
THINGS OUT



**NOTHING
ABOUT US
WITHOUT
US**



SOMETIMES THE
WIGGLY
LINE IS BEST



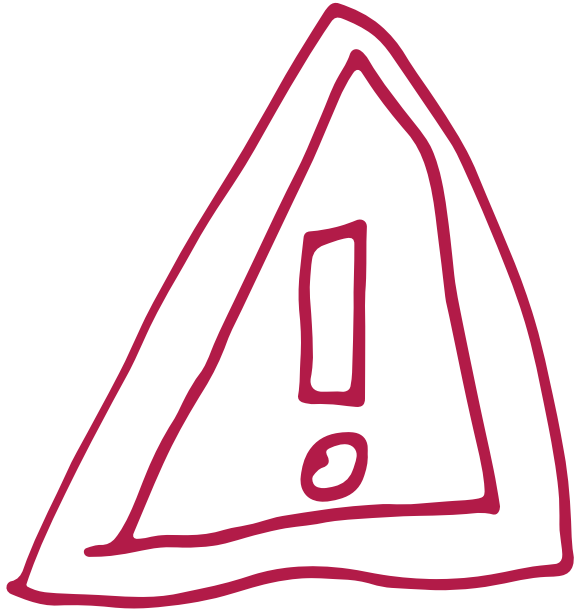
LEARN
TO LIVE WITH
UNCERTAINTY



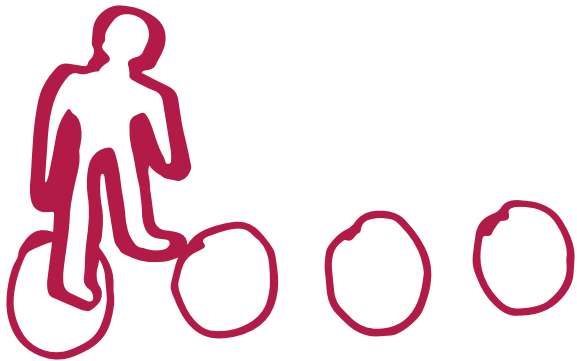
IF YOU THINK
THAT YOU **KNOW**
WHAT YOU'RE DOING
- YOU PROBABLY
DON'T



HAVE A
LAUGH



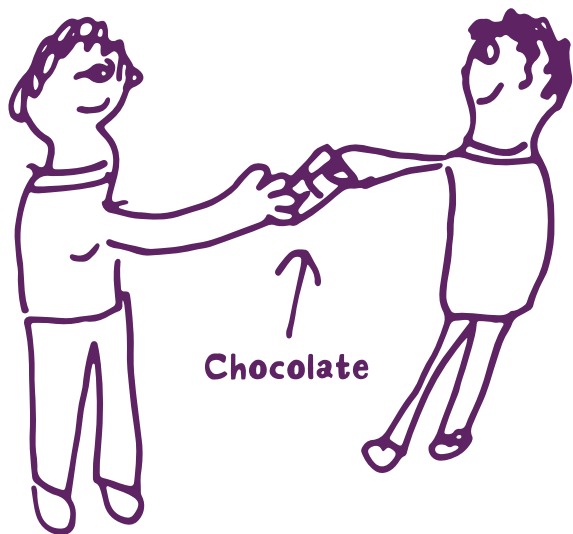
DON'T
PANIC



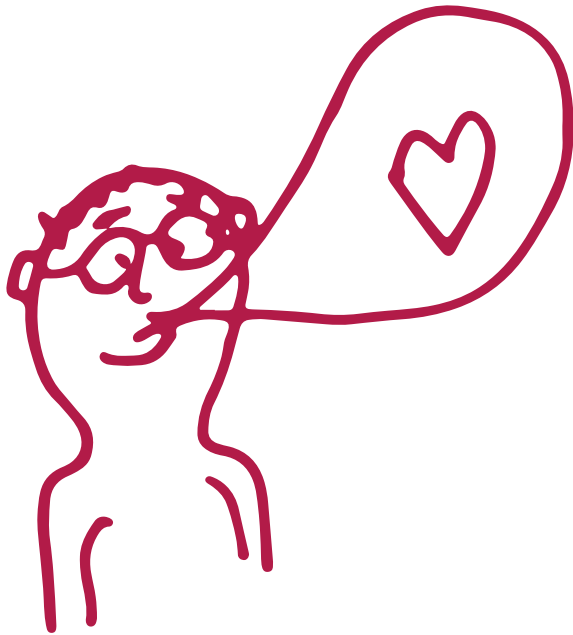
BE
CONSISTENT



**BE
BRAVE**



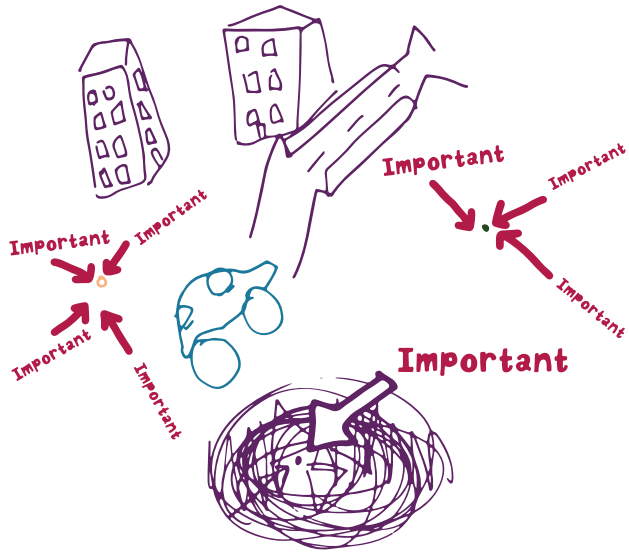
**BE
KIND**



**BE
HONEST**



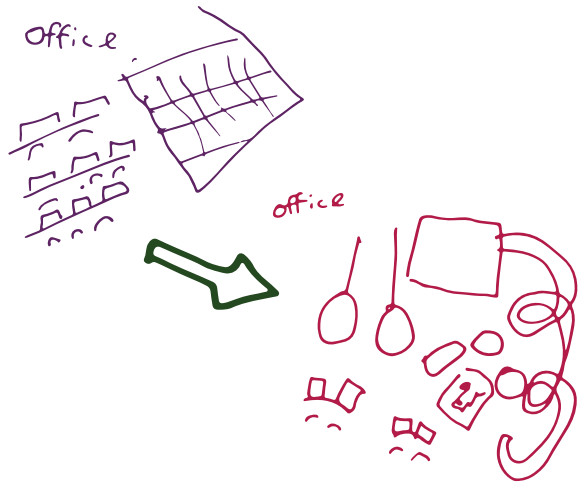
BE
SMOOTH



SMALL
THINGS ARE
IMPORTANT



**QUALITY! DON'T
COMPROMISE**



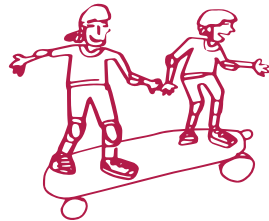
MAKE
THE PLACE
FEEL
GOOD



**GOOD
BRAINWAVES
IN PASSING
CONVERSATIONS!**

Heart n Soul at The Hub was a research project led by people with and without learning disabilities and autistic people, based first at Wellcome Collection in London and then online.

The little book of brainwaves is made of some of the things that we have learned and understood from doing the project that we think you might find interesting, inspiring or just fun.



Illustrations Robyn Steward

