

Before I Go

Prep List

<p>Who <i>(large crowd, small crowd, specific people)</i></p>	
<p>Expectations <i>(gift, small talk/conversations, dress, specific activities or behaviors)</i></p>	
<p>Time/Duration <i>(length of time, time of day, start time/end time)</i></p>	
<p>Sensory Info <i>(noise, temp, visual components, physical touch)</i></p>	
<p>Food/Drink <i>(food/drink served, need to bring additional options)</i></p>	
<p>Tools Needed <i>(fidgets, support item, snacks, water, kit, grounding tools, fan, communication cards)</i></p>	
<p>Support Person(s) <i>(someone coming w/ you, will already be there)</i></p>	

Routines <i>(padding time, specific routines to complete before/after)</i>	
Scripts/Small Talk Topics <i>(communication aids, neutral or interesting topics, questions to ask)</i>	
Exit Strategy <i>(set time limit, code word for others, accessible)</i>	
To Avoid <i>(people, topics, behaviors, activities)</i>	

Phrases to **ground** me and show me **compassion**:

1. _____

2. _____

3. _____