



Feeling Prepared - What do I need to know or do?

Why? Feeling prepared can make new or tricky situations easier to manage.

Having plans, making lists and thinking about what is important to us can help us to feel prepared. We all have different things that are important to us, so it's a very helpful activity to make plans that are personalised.

It may be that in order to make our plan or checklist, so we feel prepared, we might have questions we need answered by a trusted adult.



Checklist:

It can be helpful to have a checklist to tick off things as you go.

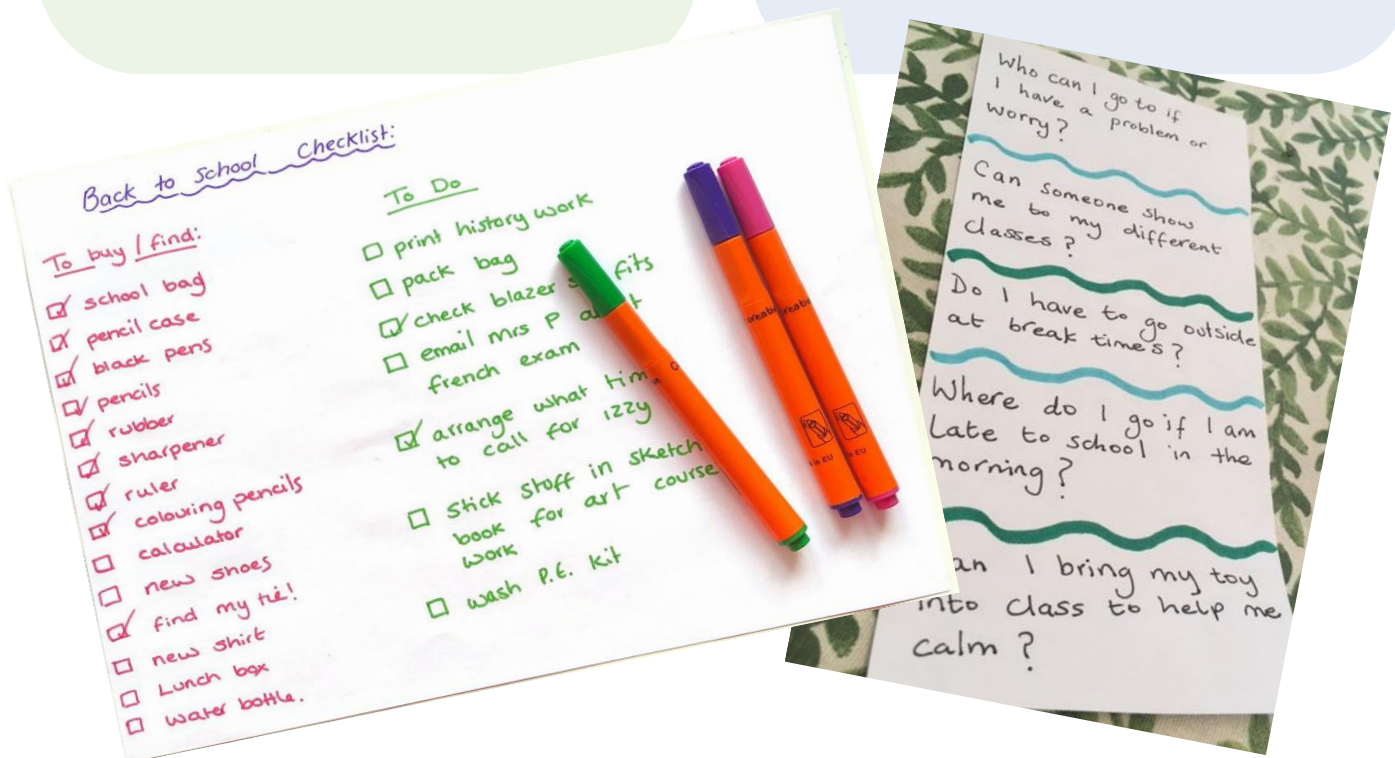
It stops you having to hold everything in your head, which can be stressful.

You could use our checklist or make your own.

Questions I need answered:

Sometimes we have lots of unanswered questions that can make us worry about what to expect.

You could try writing out any questions you have and getting a teacher or someone who can help to answer them for you.





Going to school checklist:

- Had a tour of the school
- Know how to get there
- Know where to go on my first day
- Know the name of my teacher
- Know where to go for lunch

- Have my uniform
- Have a school bag
- Have a pencil case and all my stationery
- Have a lunch box
- Have a water bottle

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Questions I would like answered....



Question:

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Answer:.....

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Question:

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Answer:.....

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Question:

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