Going in *with a plan.*

Events take energy, even the fun ones. Planning the before, during and after ahead of time means fewer decisions in the moment, and a softer landing when you get home.

PHASE 1 — Before

The event

What _____

Where _____

Who _____

What might be hard

Sensory, social, unknowns

_____

_____

_____

What I'll bring

- [ ] Headphones
- [ ] Snack
- [ ] Fidget
- [ ] Water
- [ ] Phone charged
- [ ] Cash for a ride
- [ ] _____

PHASE 2 — During

My energy budget

Shade how full you are going in



I'll leave when it hits _____

My safe person

And our signal for "I need a break"

_____

_____

My quiet spot

A bathroom, a porch, the car, a walk

_____

_____

My exit line

"I'm going to head out — this was really nice."

_____

_____

PHASE 3 — After

Recovery plan

Quiet time, comfort food, a cozy show…

_____

_____

_____

What went well

Small wins count

_____

_____

_____

What I'd change

For next time, not as a grade

_____

_____

_____

NOTES AFTER THE EVENT *Anything you noticed, felt, or want to remember*

_____

_____

_____

REFLECT *What helped most, and what will I keep for next time?*

_____