

Get ready for an event

Type or write your responses together.

What is the event?

Why is it important? What's it all about?

Where is it happening?

How long will it last?

Who will be there?

What can I wear?

What kinds of things will I do?

What things can I bring?

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Write, draw, or paste pictures for your responses together.

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Strategies I can use: (For example, where can I go if I feel stressed?)