

'Prep for Best'

Do you have times at home when you *know* things will be difficult even before they happen?

Maybe bedtimes, long journeys or visitors?

You can use a tool called "Prep for Best".

Before you begin something that will be hard, whilst everyone is calm, you ask what is going to be difficult. Think what will be difficult for each and all of the people who will be there.

Now problem solve together. What can each of you do to make sure you manage as well as possible?

Think about making sure you have done all you can to make sure everyone's physical, emotional and learning needs are met, and have planned strategies to manage as well as possible if they won't be.



Prep4Best

Plan and prepare for things to go well. Work out and let people know what help we need.

Think through: a) What could go wrong b) What needs to happen for it to go really well.

Prep 4 Best

For this to go really well for me and for me to be at my very best, I need:

- 1**
Body Brain Needs

- 2**
Feelings Brain Needs

- 3**
Learning Brain Needs


Now listen to the needs of others. Can you think of a way to meet your needs AND those around you?

E.g. For this to go really well for me and for me to be at my very best, I need:

 <p>Physical - Basic Survival</p>	 <p>Physical - Sensory</p>	 <p>Emotional - People Around Me</p>	 <p>Emotional - The World Around Me</p>	 <p>Learning - Control Centre 100%</p>	 <p>Learning - Control Centre 50%</p>
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- To be able to move around every 15 minutes
- To have water on my table.
- To work with a partner so I feel I've got help when I need it.
- For you to let me know how I am getting on so I feel certain I'm doing ok.
- To only have three bits of information at a time.
- To have 30 seconds to think of my answer.