Out and About Together

A plan for our outing, and a card for the people we meet

Our plan

Where we're going

What might feel big

Noise · Lights · Crowds · Waiting · Smells

What helps me

Headphones · Snack · Fidget · Quiet spot · Movement

My signal for "I need a break"

Afterwards we will

If you see someone having a hard time

1. Give space. Look away kindly.
2. Offer, don't fix: "Can I help in any way?"
3. Please don't film or post.
4. Trust that the family knows their person.
5. A kind word to others nearby helps too.

Thank you for making our community a place where everyone can be.