Outing Energy Plan

Plan the trip. Plan the breaks. Plan the recovery.

1 Before

- [ ] Quiet time chosen
- [ ] Short list made
- [ ] Break spot picked
- [ ] Headphones and snack
- [ ] Leaving time set
- [ ] Our idea: _____

2 During

- [ ] Find the exit first
- [ ] One task at a time
- [ ] Break outside or in the car
- [ ] "How's your battery?"
- [ ] Leave before it's empty
- [ ] Our idea: _____

3 After

- [ ] Nothing else planned
- [ ] Food and water first
- [ ] Quiet time
- [ ] Talk it through later
- [ ] Note what helped
- [ ] Our idea: _____

Today's place: Supermarket | Shops | Tram or train | Market or event