



A guided resource to help you feel  
confident and prepared for your visit.

# Guide bubble

## Why

To help feel prepared and confident about visits

## Where

At home

## When

Before visits

## Time

15-30 mins

This visit planner can help you feel prepared for visits. We suggest filling out your planner before your visit. When you arrive, look through it and choose which options to do!



What will you need to bring to your visit?

**You might like to bring:**

- items you find relaxing, like a fidget toy
- your favourite drinks or snacks
- extra clothes

I will bring...

What will you find helpful to do during your procedure?

**You might like to:**

- play a game like 'I, spy'
- play some fun distraction games on the app



During my procedure, I will...

What would you prefer to happen during the procedure?

Would you like to:

- watch what's happening or look away?
- ask the team questions?

During a procedure, I would like to...

What will you do after the visit?

You might like to:

- go home and rest
- go out for a meal
- go to school.

After my visit, I will...

What reward would you like after the visit?

You might like to:

- eat a tasty treat
- play some games
- hang out with a friend

My reward will be...

After the visit, who would you like to share your achievement with?

You might like to share with:

- your family and loved ones
- a teacher

I will share with...