

Getting Ready for My Meeting

This worksheet can help you think about what you want to share and what is important to you. You can write, draw or tick the boxes. Pebble is here to support you.



1. What would I like to talk about?

Write or draw the things you want to share.





2. What is important to me right now?

Tick your top 5.

- | | |
|--|--|
| ☐ My family | ☐ Feeling safe |
| ☐ My health | ☐ Things that worry me |
| ☐ My feelings | ☐ Things that make me happy |
| ☐ School / Learning | ☐ My home |
| ☐ Friendships | ☐ Hobbies / Interests |
| ☐ My future | ☐ Other: _____ |



3. Questions I have

Write any questions you want answered.

- _____
- _____
- _____
- _____
- _____





4. What I would like to happen

What would help? What are you hoping for?





5. How I might feel in my meeting

Circle how you think you might feel.



Calm



Happy



Worried



Nervous



Anxious



Hopeful

Something else?



6. People who can support me

Who helps you and makes you feel supported?





7. Notes for me

Any other notes, reminders or things you don't want to forget.





You've got this. Your voice matters.



Thank you for preparing with Pebble.