Appointment Preparation Cards

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A character wants to make better use of a short visit.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Prepare a question list, transport plan, and information to bring to a routine appointment.

3. Which question matters most?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.