



Handout 5

The Big Day: Creating an Effective Plan

By identifying the following elements of your big day, we hope to eliminate some anxiety associated with the day of logistics.

What do we need to bring? (Some options: *tallit*, *tefillin*, *siddur*, printed out *d'var Torah*, *kiddush* cup, *Torah* portion, *kippah*)

Where is the student going to sit?

--

Who is going to sit next to them?

--

What will happen if the student experiences anxiety and needs to take a break? Where will the break take place? Who will accompany the child?

--

Other considerations:

- Check the sound system: Is it too loud? Too quiet? Overwhelming for those with sensory processing challenges?
- Does the student benefit from a fidget or stress relieving object? (If yes, bring it with you!)
- Did the student visit the space of the bar/bat mitzvah ahead of time? If so, what space/room did the student identify as a safe and comfortable area?.
- Is the student projecting any part of their d'var torah presentation? Is it set up? Do the speakers work?
- Does the student benefit from clear expectations and a schedule? Create one for the day!