Our short shopping trip plan

Pick the prompts that help. Write on this sheet or talk through your plan together. Keep completed copies private.

Before we go

The things we really need today:

_____

One thing that can wait:

_____

In the shop

One little job my child might enjoy:

_____

What I can say while we wait:

_____

If we need to cut it short

Where we can take a break:

_____

What I'll keep for next time:

_____