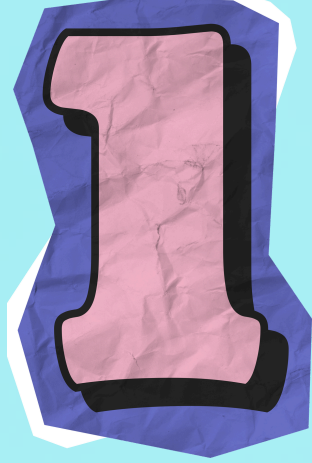




# What If? → What Can I Do?

Think about these common situations. For each one, complete the action plan below. This helps you focus on what you can control and prepare for.





## What if I have a seizure at school?

 I can't control: \_\_\_\_\_

 I can prepare for: \_\_\_\_\_

 I can ask for help from: \_\_\_\_\_

 My next step could be: \_\_\_\_\_

 Why it helps: \_\_\_\_\_



## What if I'm alone?

 I can't control: \_\_\_\_\_

 I can prepare for: \_\_\_\_\_

 I can ask for help from: \_\_\_\_\_

 My next step could be: \_\_\_\_\_

 Why it helps: \_\_\_\_\_



## What if my friend panics?

 I can't control: \_\_\_\_\_

 I can prepare for: \_\_\_\_\_

 I can ask for help from: \_\_\_\_\_

 My next step could be: \_\_\_\_\_

 Why it helps: \_\_\_\_\_



## What if people stare?

 I can't control: \_\_\_\_\_

 I can prepare for: \_\_\_\_\_

 I can ask for help from: \_\_\_\_\_

 My next step could be: \_\_\_\_\_

 Why it helps: \_\_\_\_\_



# What If? → What Can I Do?

Think about these common situations. For each one, complete the action plan below. This helps you focus on what you can control and prepare for.

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## What if I have a seizure at a party?

 I can't control: \_\_\_\_\_

 I can prepare for: \_\_\_\_\_

 I can ask for help from: \_\_\_\_\_

 My next step could be: \_\_\_\_\_

 Why it helps: \_\_\_\_\_

Write down any other observations you can think of to help you focus on what you can control.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Prepare today.  
Feel stronger tomorrow.

Less "What if?"  
More "I can!"



### Why It Helps

This activity separates uncertainty from preparation. It helps you focus on the things you can influence, builds confidence, and makes it easier to handle real-life situations.