



1 Remember the story

Answer in your own words. Look back at the story if you want.

- 1 Why had the family arranged extra support?

- 2 What first question did Leah write?

- 3 What ordinary example did she begin with in the appointment?



2 Fact or guess

Read each sentence. Circle Fact if the story shows it for sure.
Circle Guess if it is only an idea someone has.

- | | | | |
|---|---|------|-------|
| 1 | Worries had interfered with daily life for several weeks. | Fact | Guess |
| 2 | One easier breakfast proved no support was needed. | Fact | Guess |
| 3 | Leah asked her friend to choose another visiting day. | Fact | Guess |
| 4 | Leah had to tell the hallway all her private details. | Fact | Guess |
| 5 | Mrs. Katz explained privacy rules and limits. | Fact | Guess |
| 6 | Leah began with a homework example. | Fact | Guess |

Write one fact and one guess from your own day.



3 Think and write

Write what is true for you, or write about a made-up person. You do not have to share anything private.

- 1 Write an invented question a fictional character might ask before a first support appointment.

- 2 Describe why not knowing how to explain a difficulty need not prevent asking for help.

- 3 Write a polite fictional answer that keeps a private appointment private without inventing a story.





4 Word search

Find the 6 words. They go across or down.

P	D	O	R	D	E	B	P	V	W
B	Y	Y	R	R	S	O	L	L	C
O	S	B	C	A	S	Q	A	B	E
O	F	H	K	W	C	U	N	C	I
K	S	D	K	E	H	E	T	B	R
S	K	E	L	R	A	S	C	H	N
C	A	R	D	E	I	T	P	M	U
N	E	T	G	W	R	I	Y	T	K
T	T	G	D	E	V	O	D	I	S
N	L	F	T	L	W	N	K	M	K

CARD QUESTION CHAIR PLANT DRAWER BOOK





5 Words connected to the story

These words are connected to the story. Put the letters in order.

1 D A C R

2 U I S E O T N Q

3 I A C H R

4 L A P T N

5 R A R W E D

6 K B O O





6 Say it out loud

Practice these out loud, or whisper them. Then write what you would say in your own words.

- 1 "I'm nervous, and I can still begin with one question."

- 2 "I don't know how to explain everything yet."

- 3 "I can ask how the appointment works and what the privacy limits are."



7 My chart

Use Leah's story, not a private health record. This worksheet is not counseling, diagnosis, or a substitute for qualified help. A trusted caregiver can help arrange support; feeling unsafe needs prompt help.

Question about the appointment	Trusted caregiver involved	One fictional example to begin with	Question to ask later



8 Draw it

Draw the appointment card, folded question sheet, waiting-room plant, and desk drawer. Caption room for questions before and after the first visit. No people needed.

1

2

3

4





Answers for the grownup

This page is for checking. Fold it back or keep it for later.

Remember the story

Worries interfering with school mornings and homework. What if I don't know what to say? Repeatedly reading a homework instruction from fear of getting it wrong.

Fact or guess

1. Fact 2. Guess 3. Fact 4. Guess 5. Fact 6. Fact

Word search

CARD: row 7, column 1, across; QUESTION: row 3, column 7, down;
CHAIR: row 4, column 6, down; PLANT: row 1, column 8, down;
DRAWER: row 1, column 5, down; BOOK: row 2, column 1, down

Words connected to the story

1. CARD 2. QUESTION 3. CHAIR 4. PLANT 5. DRAWER 6. BOOK

