

What do you need to help you succeed at school?



Help with my work

A chance to move around



To feel I belong and am cared for



Help with friendship stuff

To feel calmer



Help with problem solving



Time out, if you need it



To feel part of a team

Help to focus



Time alone

To eat or drink (inc. water)



Encouragement

To feel safe



Help with a problem at home



Reassurance



To learn about my emotions



To know it's ok to make mistakes

A hug with the school pet

