

"Support my growth"



My name is:



I like:



I don't like:

Things I find difficult:



How best to support me:



When I am overwhelmed, I need:



I am proud of:



Hopes and wishes for the future:



What is important to me:

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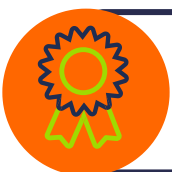
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“Support my growth” resource - notes for young people

We have developed a ‘Support my growth’ resource for you to use at school. The idea is to provide your teachers and support staff with helpful information to help you through your day at school. This resource is best used as a laminated sheet so that you can use a dry wipe pen to use again and again. Perhaps you could ask your school to print and laminate if you don’t have the facility to do this yourself.

We have made some suggestions below to help you think about what to put on ‘Support my growth’ sheet.

I like:

Tell your teacher what you like. This could be a particular subject, or a book or a game or a TV show. Sharing your likes may help a teacher understand more about you.

I don’t like:

Similarly sharing dislikes can help. This could be your least favourite subject, something about the school day you don’t like or maybe you really don’t like insects.

Things I find difficult:

This could be subjects, or something about school, or something sensory. Maybe you don’t like loud noises, or crowds, maybe you really don’t like PE. Sharing this could help your teacher to work with you to find a way to make things better.

How best to support me:

Tell your teacher what you need, perhaps regular breaks, written instructions, ear defenders, or fidgets. Let them know what really helps you.

When I am overwhelmed, I need:

This is your opportunity to help your teacher understand what to do when things have got too much. Do you need a quiet space? Maybe a particular fidget? Maybe you need a cool drink?

I am proud of:

This doesn’t have to be related to school, it can be big or small, just something that made you feel proud.

Hopes and wishes for the future:

This can be anything, big or small. Help your teacher understand what you want for your future, even if that’s tomorrow or in a number of years.

What is important to me:

Share anything that is important to you, your values, or important people or treasured items.



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