# **Education Support Planner**

## What I need at school

This is a summary of key information about my needs at school. It summarises my interests, strengths, and what helps me to feel comfortable and to learn.

**Name:**

**Date:**

## About me

### My special interests and motivators are…

### I am good at, and feel confident about…

### I might need support with…

## Supporting me throughout the day

### The best communication method for me is

### Types of schedules, social stories and/or advice that help me

### Items or strategies to include in my ‘sensory/self-regulation’ toolbox

### What else helps me to feel comfortable at school and motivated to learn

## Supporting me in stressful situations

### Situations I may find stressful or hard (e.g. being told I am wrong in front of the class)

### Strategies to address situations that I can find stressful or hard

### Signs I’m becoming overwhelmed

### Strategies to help if I am becoming overwhelmed

## If there are changes to the school day (e.g. My teacher is away), these are other teachers and peers I work well with and situations that may stress me

## Other helpful information

### Any other helpful information available about me

### Therapists consulted in preparation of this document

Document review date: