

What Helps Me Feel Safe at School

It's okay to be you



Everyone has different needs. This worksheet is about you!
 There are no right or wrong answers. Use this to share what helps you feel safe, supported and ready to learn.

1 Things That Can Be Difficult For Me at School

Tick the ones that can be tricky for you.

- Noisy classrooms
- Bright lights
- Group work
- Being called on unexpectedly
- Transitions or changes
- Too many instructions at once
- Break times / lunch times
- Crowded spaces
- Sensory overwhelm
- Social situations
- Worrying about getting things wrong
- Keeping up with everyone else
- Other: _____



2 Signs I Might Be Feeling Overwhelmed

These might be signs that I need some support or a break.

- I go quiet or stop talking
- I find it hard to concentrate
- I feel tired or drained
- I get headaches or tummy aches
- I feel irritable or annoyed
- I want to escape or hide
- I shut down
- I fidget more or can't sit still
- I mask more / try extra hard to cope
- Other: _____



3 Things That Help Me Feel Safer at School

Tick the things that help you feel calmer, safer and more able to learn.

- Clear, simple instructions
- Warning before changes happen
- A quiet space or quiet time
- Movement breaks
- Being able to use sensory supports
- Sitting in a quieter area
- Extra time when I need it
- Help from a trusted adult
- Visual timetables or reminders
- Less noise / headphones
- Having choices
- Other: _____



4 Places & People I Feel Safe Around

Where do you feel most comfortable at school?
 Who do you feel able to go to?

Places:

People:



5 What I Wish Teachers Understood About Me

You can write, draw or use key words.

6 How I Like to Communicate

Tick or add anything that applies to you.

- I prefer talking
- I prefer writing
- I need processing time
- I find it hard to speak in front of others
- I understand better with visuals
- I need questions explained differently
- I need extra time to answer
- Other: _____



7 After School Recovery

After a busy day, I need time to...

- Rest / have quiet time
- Be in a low-demand environment
- Do something I enjoy
- Have time on my own
- Move my body
- Use sensory supports
- Spend time with family
- Other: _____



8 One Thing That Would Help Me the Most

If there was one thing that would help you feel safer or more supported at school, what would it be?



Remember

It's okay to have different needs.
 It's okay to ask for support.
 It's okay to be you.



You are not too much.

You are enough.



You Deserve...

- ✓ A safe place to learn
- ✓ People who understand
- ✓ Support that helps you thrive
- ✓ Time to be yourself

