**My School Plan:**

What my teachers & school counselor know about what has happened:

What I plan to share with peers:

My Supports at School:

1.

2.

3.

# How to let my teachers & school counselors know I am having a tough time:

How to let my teacher know I need a break:

Where I can go when I need a break:

Something I can do during my break to make me feel more comfortable

**Communication**

Best method of communication between my parent/caregiver and my school supports is:

* Notes home
* Email (please provide)
* Call or Text? (please provide)

What to let your family and teacher know:

* It helps to know they care without pressure to express my feelings
* When I did not sleep well
* When I did not understand something or had difficulty paying attention
* When I feel like I need a break
* When I am worried about something coming up
* Other (please describe what’s important to you)

Extra help is available (please list).

* With whom:
* Where:
* When: