

SCHOOL SUPPORT CARD

**When I need to take a break, or am feeling sad or angry at school,
I can tell my teacher by:**

(Example: Create a pass to either hold up or put on the teacher's desk so I don't have to say anything)

The parts of the school day I find difficult are:

(Example: Break and lunch time, concentrating in Maths tests)

The people I can talk to are:

(Example: Teacher, counsellor)

The places I can go to are:

(Example: Library, counsellor's room, quiet space)

Ways I can contact my family are:

(Example: Ring or send a text at lunch)

What will make me feel better?

(Example: Lego building, reading my book, having a pocket comforter like a pebble or piece of fabric, keeping and writing a diary at school, filling in my Feelings at School chart, taking a walk outside)

Your signature:

Your teacher's signature: