

Primary

My Pastoral Support Plan Name: _____

How will adults know that I'm calm, relaxed and ready to learn?	How will adults know that I'm on the edge/ becoming anxious?	How will adults know that I'm ready to explode?	How will adults know that I'm returning to my calm feeling?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
What could be the triggers/ causes to these feelings/behaviours	What could be the triggers/ causes to these feelings/behaviours	What could be the triggers/ causes to these feelings/behaviours	What could be the triggers/ causes to these feelings/behaviours
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
What will the adults do to support me when I feel like this?	What will the adults do to support me when I feel like this?	What will the adults do to support me when I feel like this?	What will the adults do to support me when I feel like this?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
What are the consequences of this?	What are the consequences of this?	What are the consequences of this?	What are the consequences of this?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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