

11

things about me

Dear teacher,

You might not know me very well yet, but here are 11 things about me that might help you understand and bring out the best in me.

Memory & organisation

1 I have trouble organising my thoughts.

You can help me by giving me a few extra minutes to answer questions.

2 I can become overwhelmed by multi-step instructions and forget what to do.

You can help me by splitting requests into smaller steps.

3 My working memory is not as good as my peers.

You can help me by giving me extra prompts about important things like notes and my hat!

Focus & attention

4 I can easily lose track of time.

You can help me by checking in with me throughout a task.

5 I find it hard to stop and start tasks when other people ask.

You can help me by giving me reminders and a clear finishing point for each activity.

6 I have an interest based brain.

You can help me by giving me extra assistance with getting started on some activities.

Impulsivity & inhibition

7 My hands and legs feel like they have a life of their own.

You can help me by agreeing on a way to keep them busy so I don't disrupt others.

8 My body needs to move so my mind can be calm.

You can help me by not taking away my recess if I break a rule.

9 I can be very chatty and I won't know when to stop.

You can help me by agreeing with me on a discreet signal to remind me to be quiet.

Emotional regulation

10 I hear negative comments all day.

You can help me by finding positive things to build my confidence.

11 I find it hard to control my emotions.

You can help me by providing a safe space for me to cool down without shame.

You are my safe adult at school and I hope you can see that I am more than the sum of my deficits.