



Moving to my new class

Name: _____

Year: _____



All about me...

Likes

Dislikes

Strengths

Difficulties

Tools

What I am looking
forward to

The changes I would like to know about for my new year at school

Write down all the questions you have



ANSWER



ANSWER



ANSWER



ANSWER

ANSWER

This is what I will bring
from my old class to my
new class



A long, horizontal, light blue rounded rectangle intended for writing.



A long, horizontal, light purple rounded rectangle intended for writing.



A long, horizontal, light pink rounded rectangle intended for writing.



A long, horizontal, light green rounded rectangle intended for writing.



A long, horizontal, light yellow rounded rectangle intended for writing.

This is what I will bring
from my old class to my
new class

Insert photo

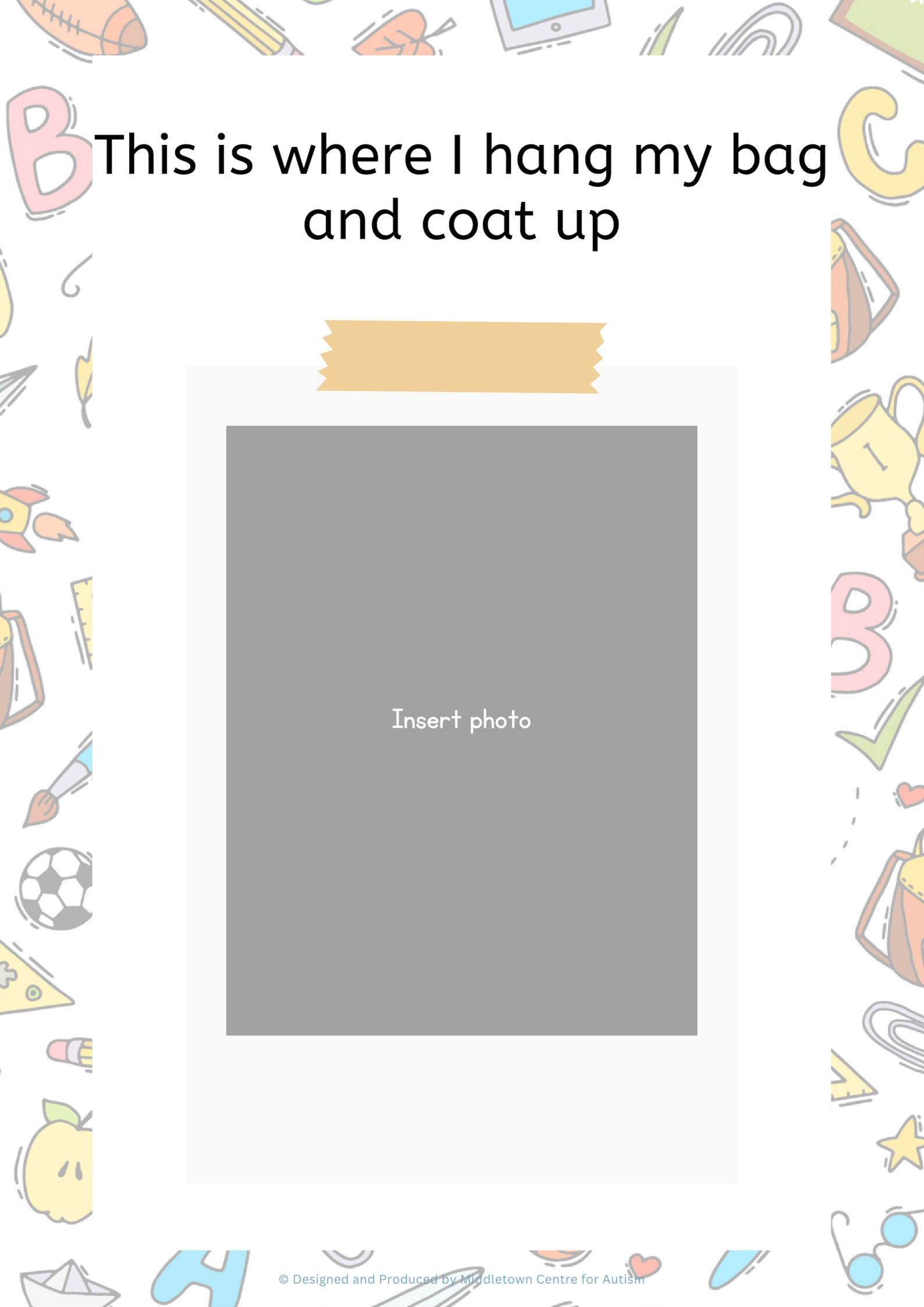
This will be my new classroom



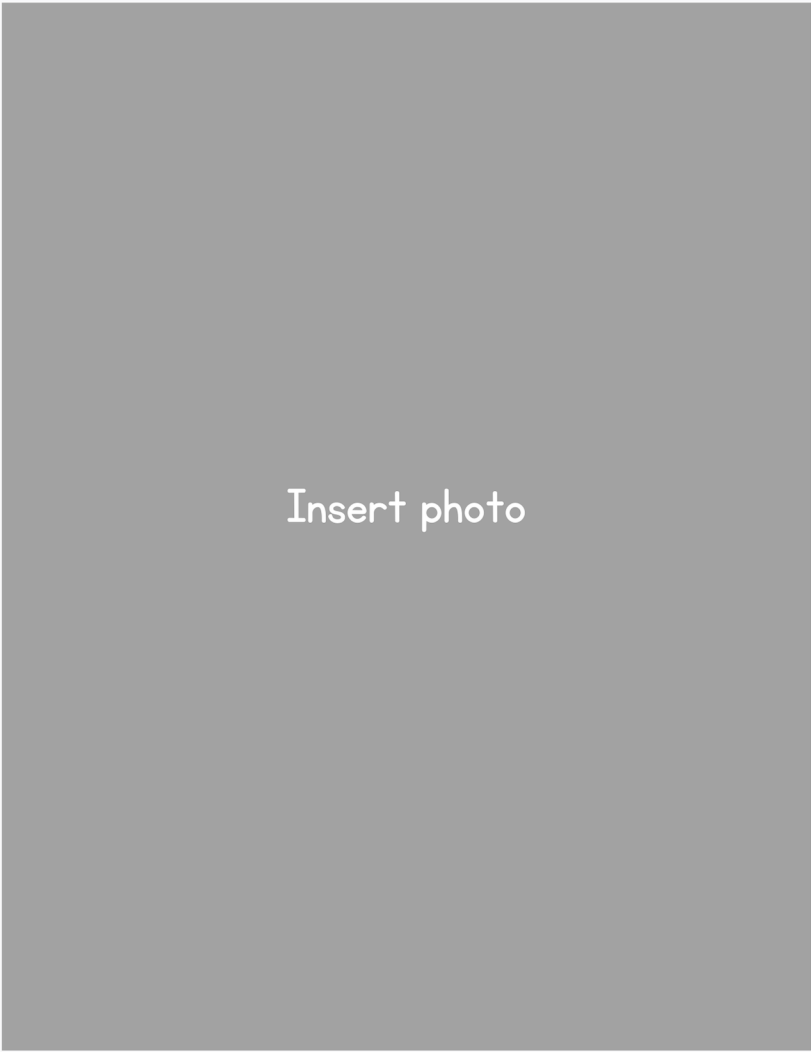
Insert photo

This is where I come into
my class

Insert photo



B This is where I hang my bag
and coat up C



Insert photo

These are the new staff in my class



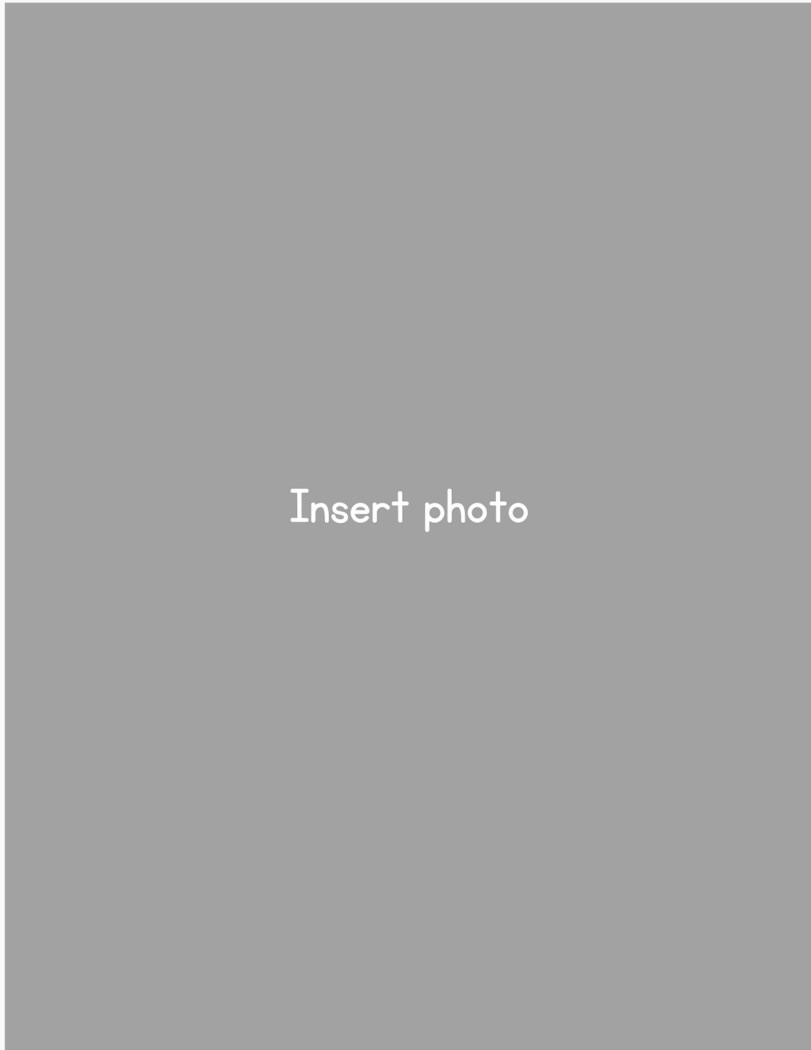
Insert photo

This is where my timetable
will be

Insert photo



This is where I can go when
I need some quiet time



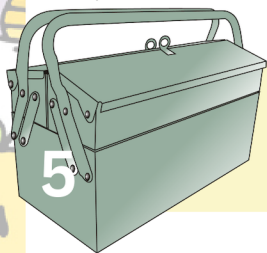
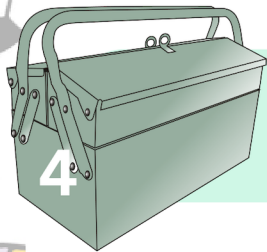
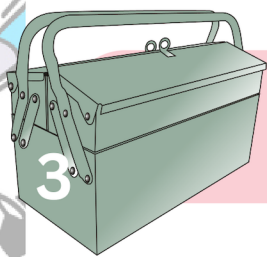
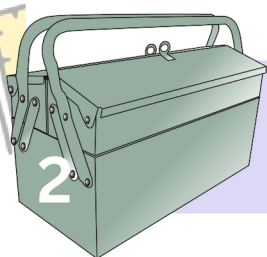
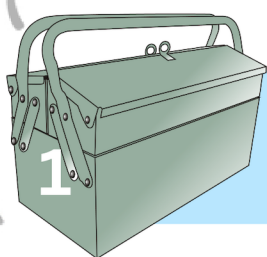
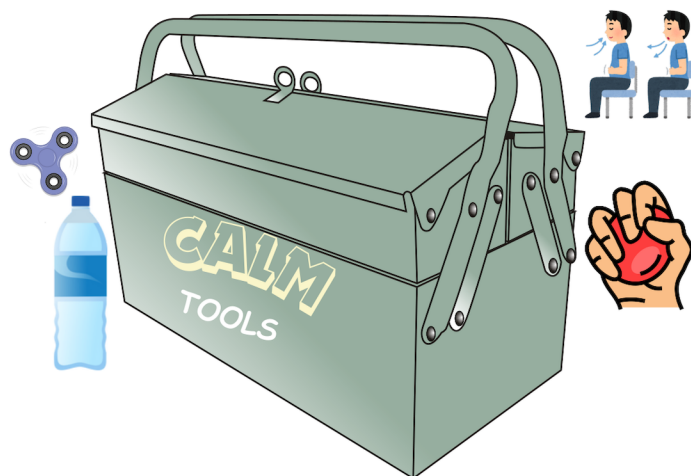
Insert photo

This is where I can
access my calming tools



Insert photo

These are my calming tools



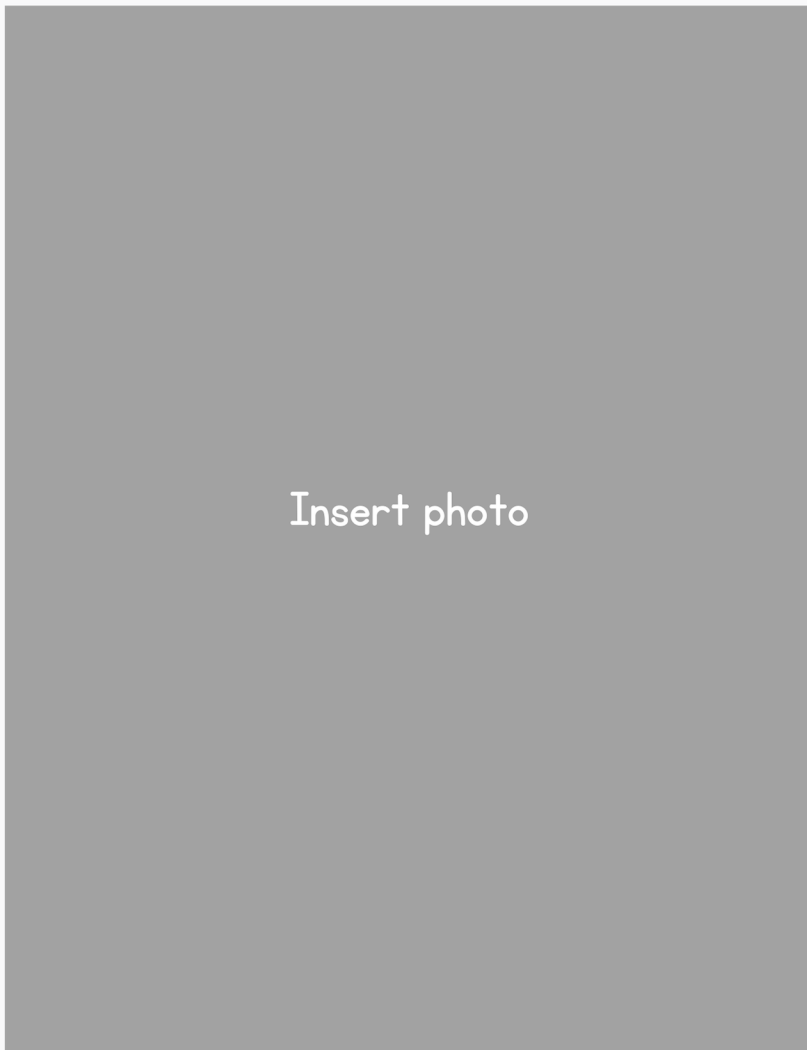
These are my calming tools



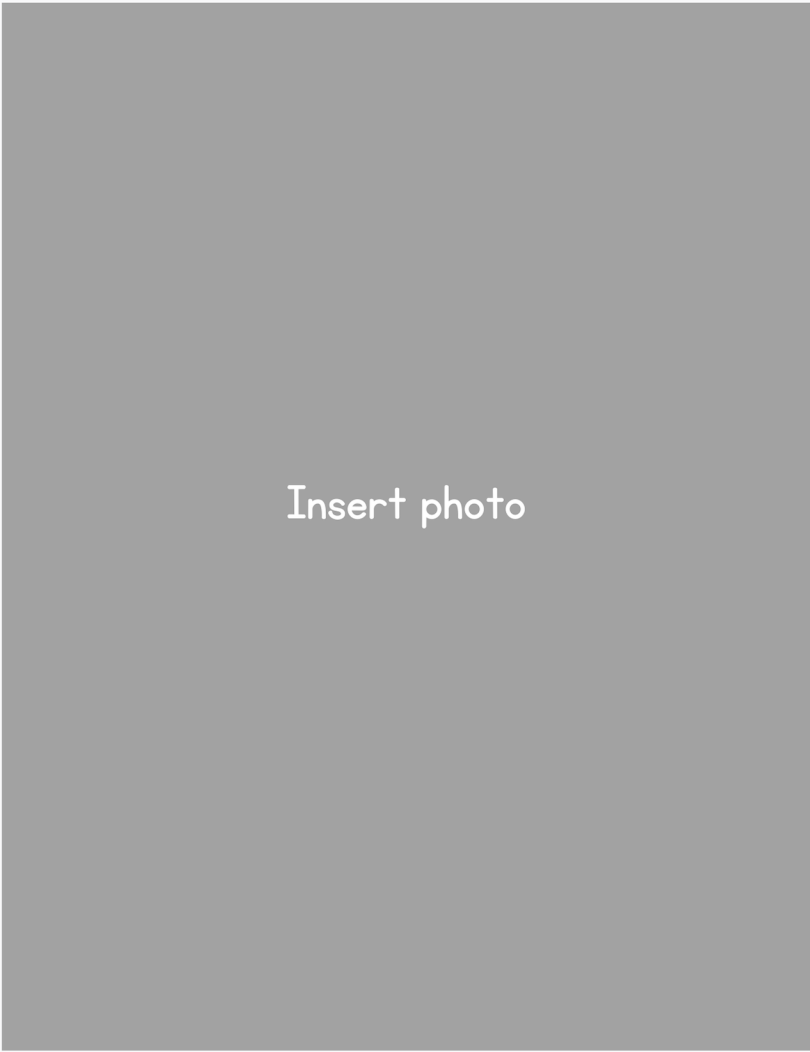
Insert photo



Three horizontal lines for writing, located at the top of the page.

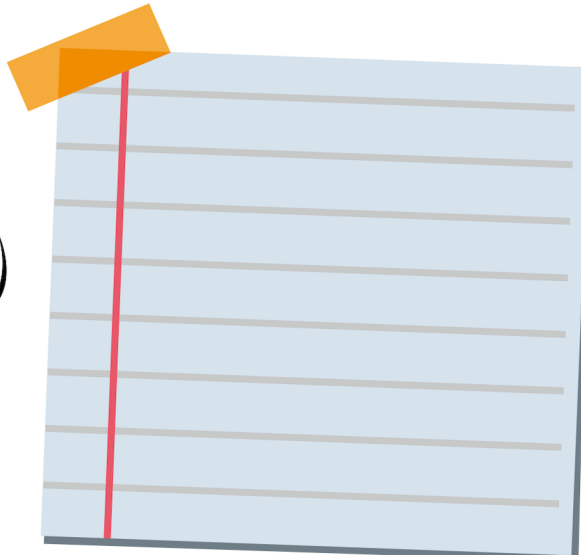
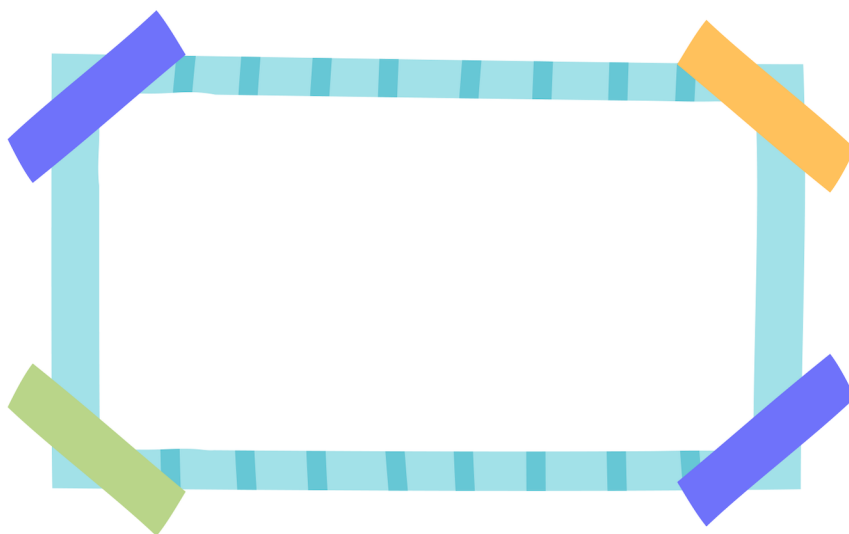
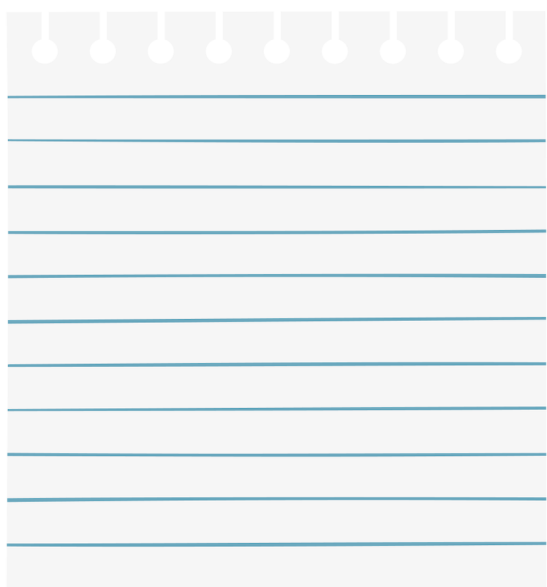


Insert photo



Insert photo

What I want my new teacher to know about me



What I want to know about my new teacher

The worksheet features five large, empty circles arranged in a pattern: one on the left, one on the top right, one in the center, one on the bottom left, and one on the bottom right. These circles are intended for a child to draw or write their thoughts about their new teacher.



Things that will
stay the same

Things that will
change

My new timetable

FRIDAY	
THURSDAY	
WEDNESDAY	
TUESDAY	
MONDAY	

NOTES

My new timetable

☐☐☐☐☐☐☐☐☐☐☐☐

Checklist

Checklist for: _____



Tick
when done

1 _____

☐

2 _____

☐

3 _____

☐

4 _____

☐

5 _____

☐

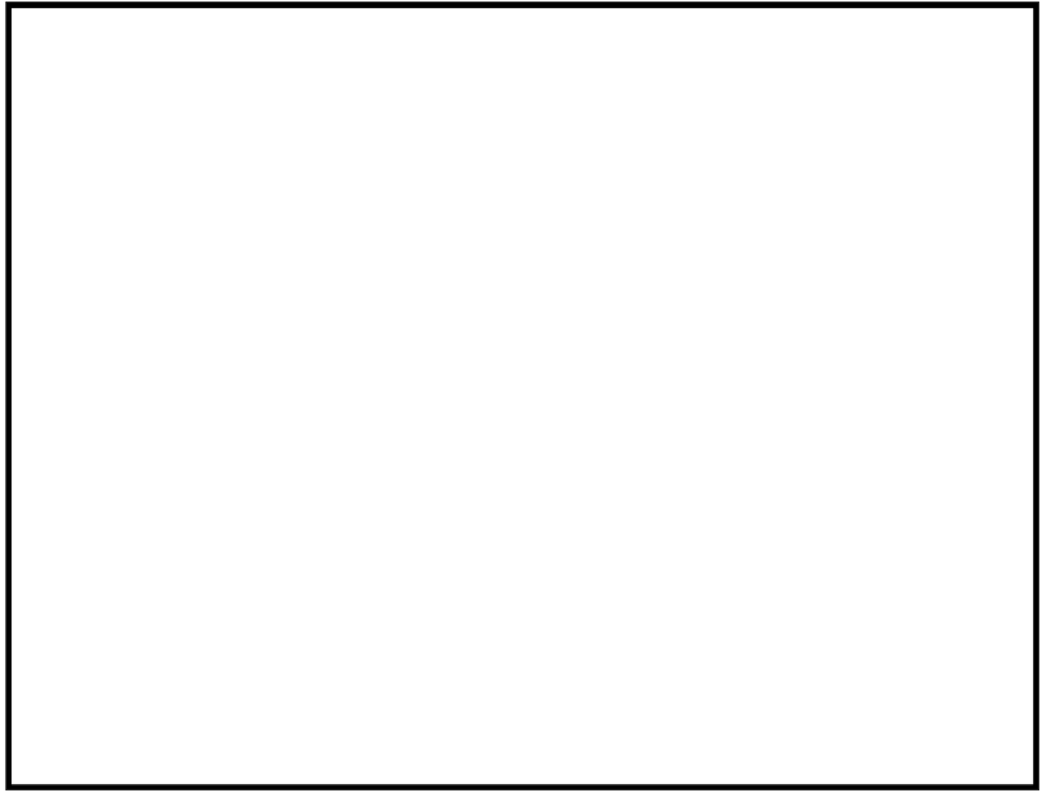
6 _____

☐

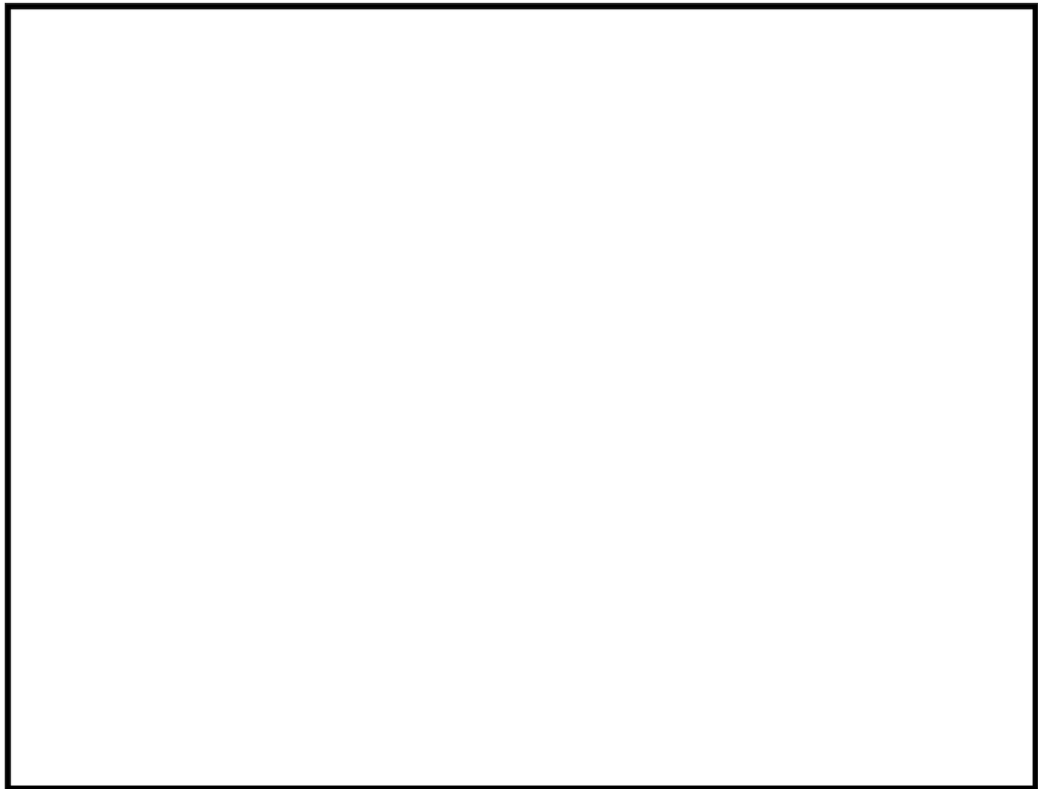
7 _____

☐

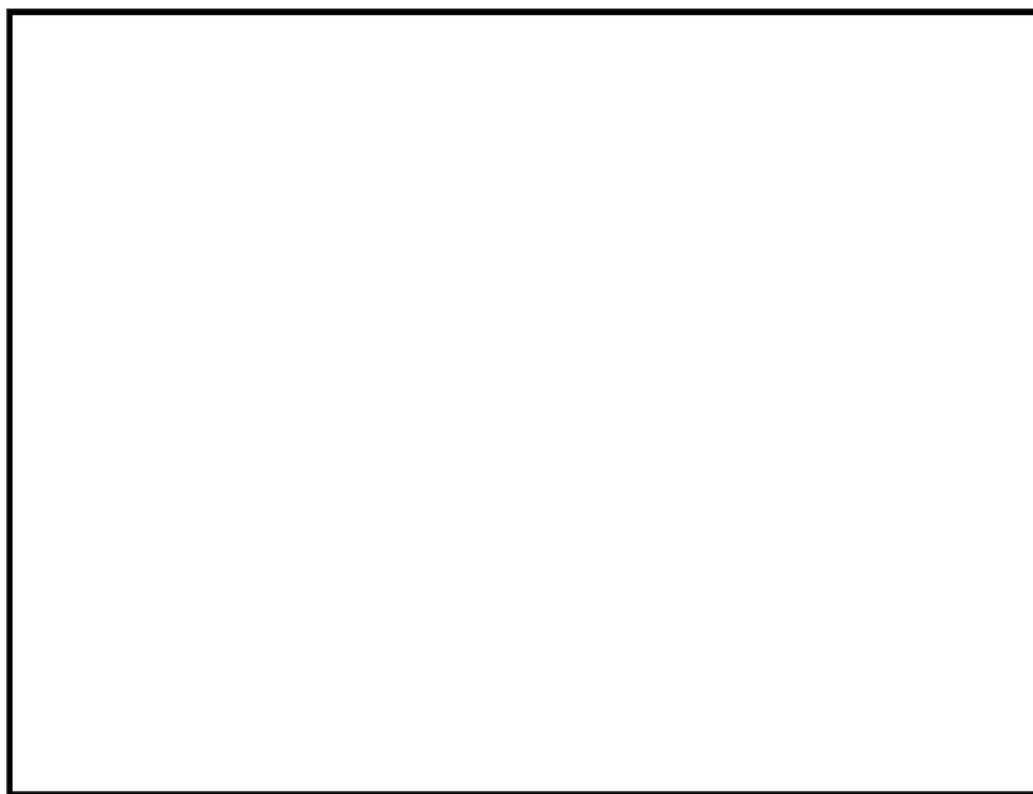
then



First



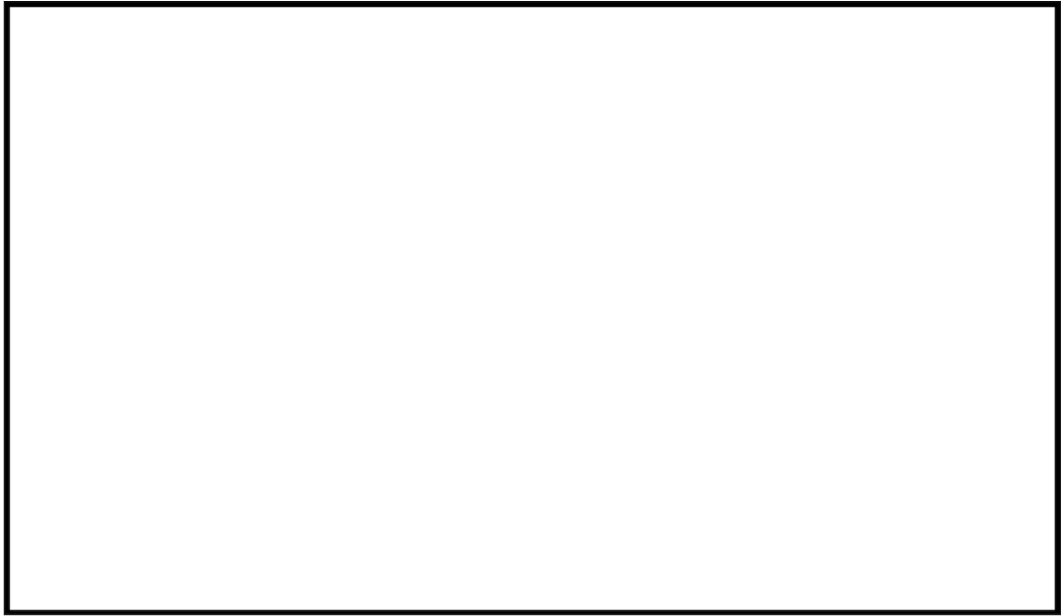
next



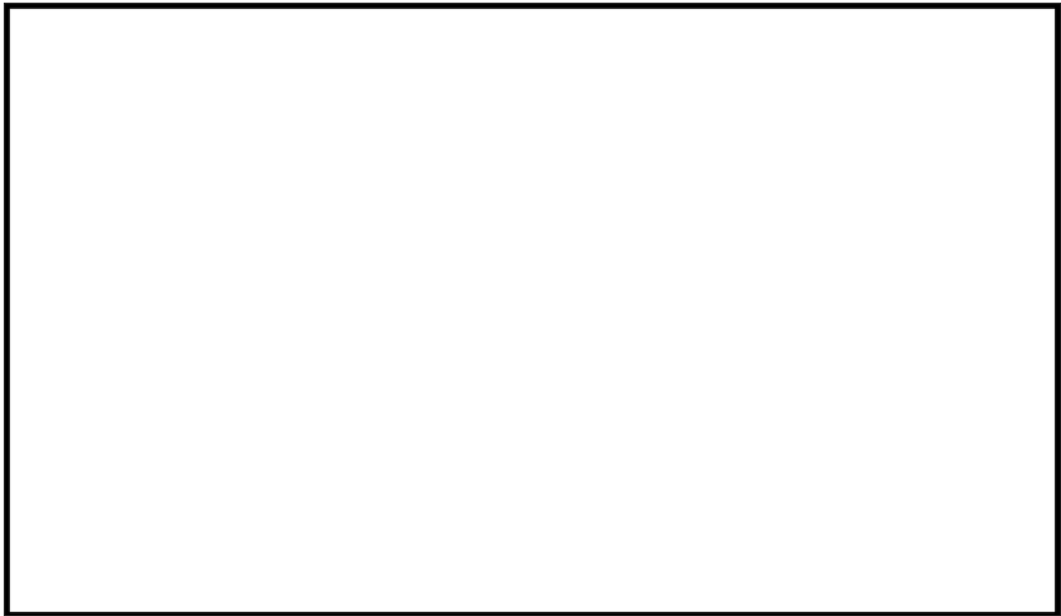
Now




next



then

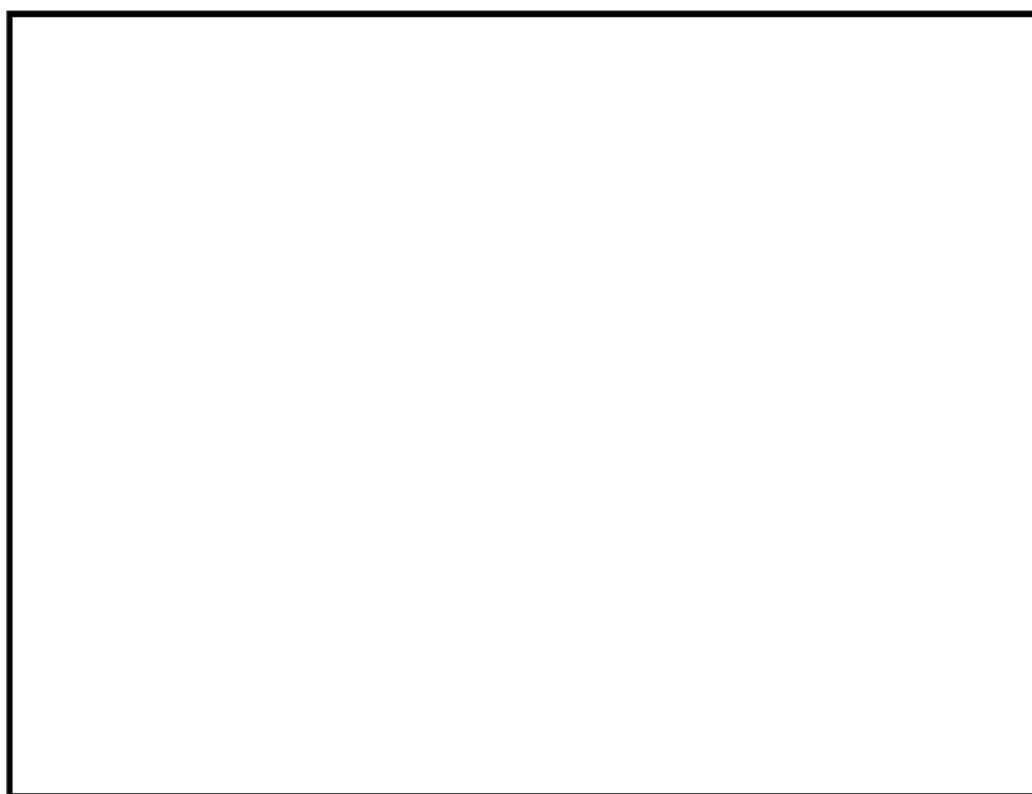


First



choose

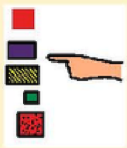
or



or



choose



I need a break



I need a break



I need a break



I need a break



I need a break



I need a break





Break time

Draw a picture of the things you like to do at break time



My worries at school

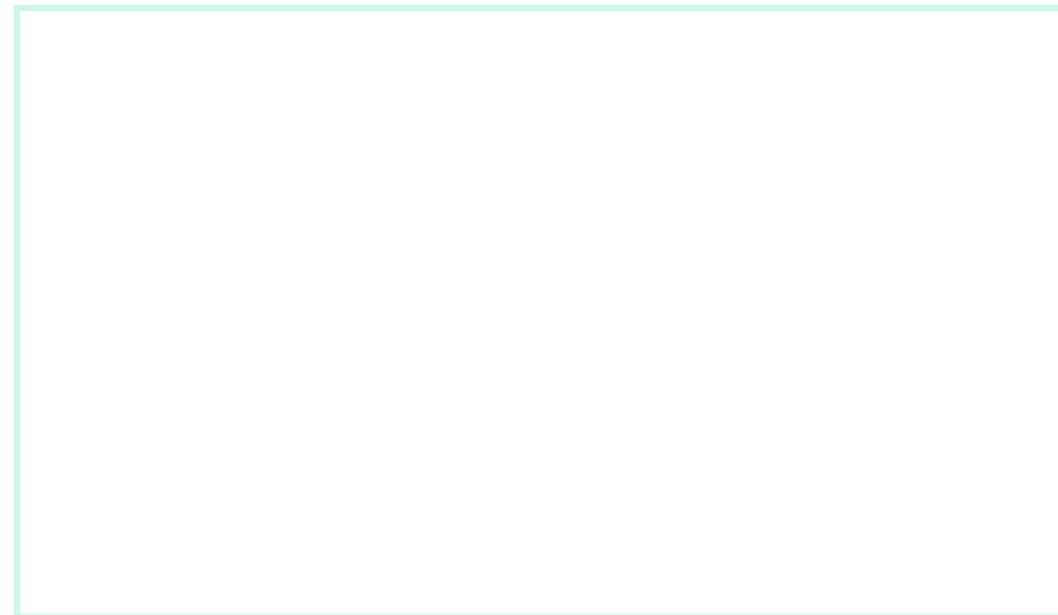
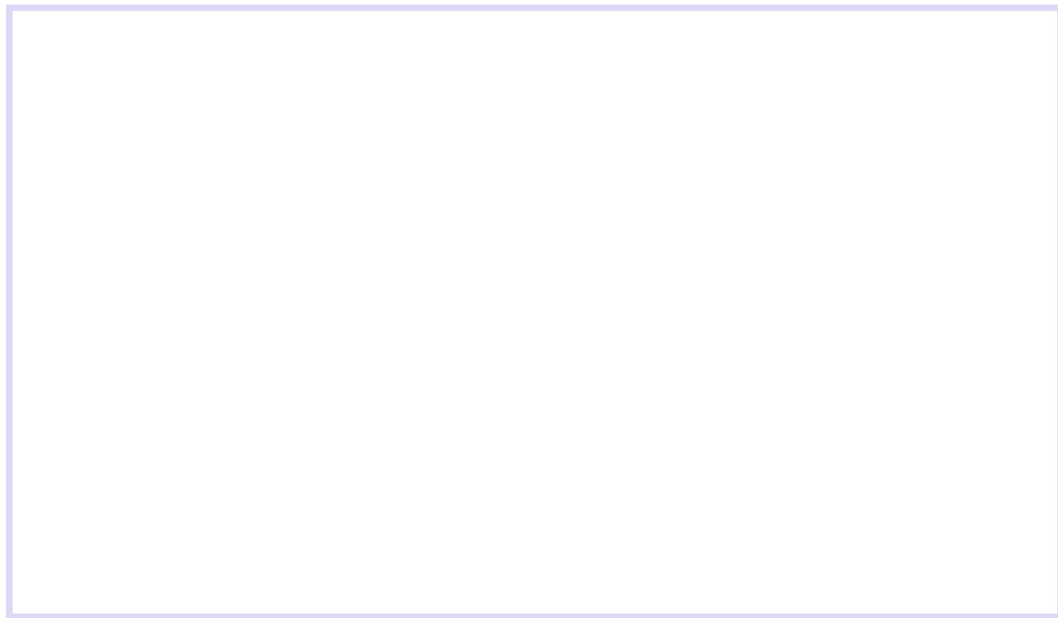
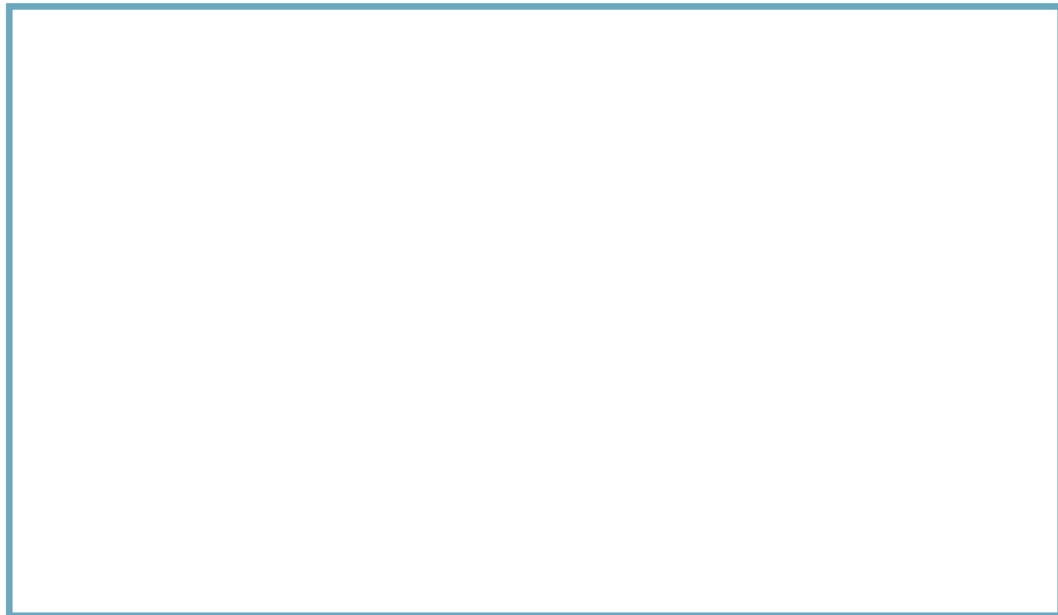


What if? scenarios

What if

/ can

or / can



When I need help

WHEN I NEED HELP



If I don't understand I can...



● Re-read the instructions

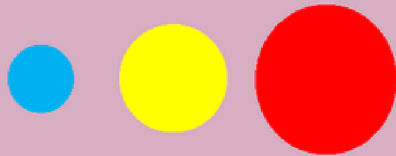


● Quietly ask a friend for help



● Ask the teacher for help

WHEN I NEED HELP



If I'm frustrated or stressed...



● I can walk away or ignore

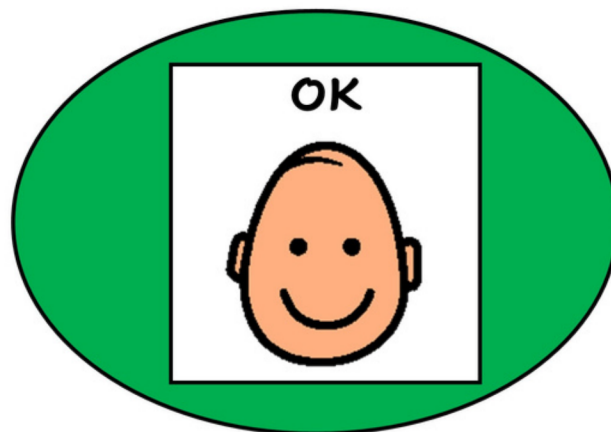
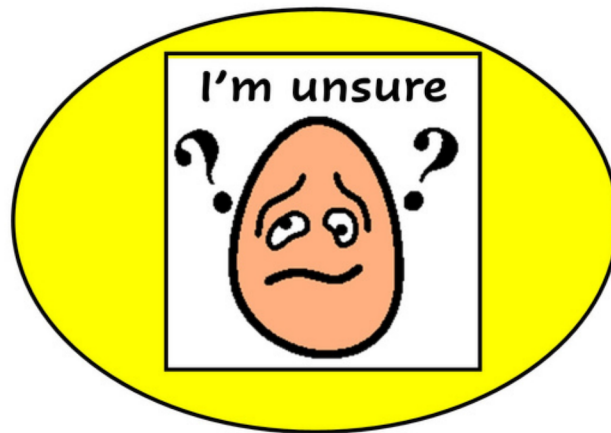


● I can ask for a break

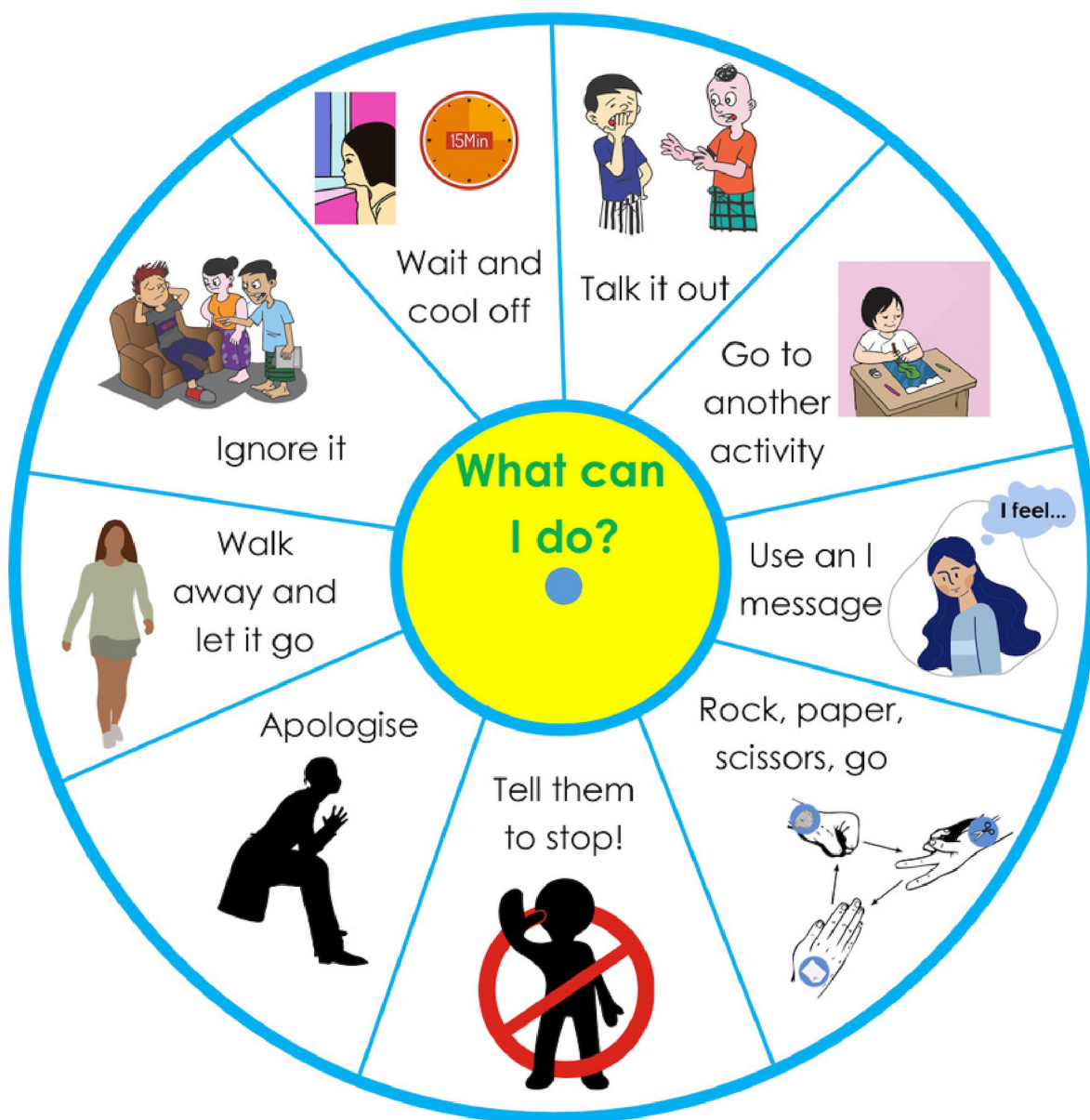


● I can find an adult to ask for help

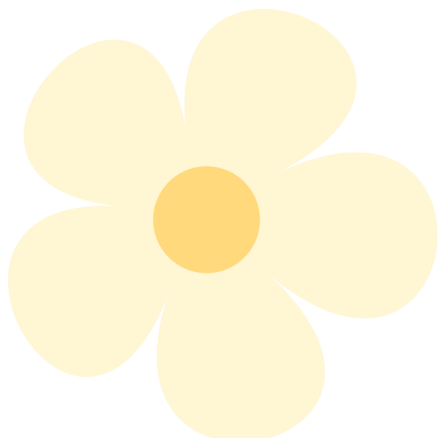
When I need help



My Problem Solving Wheel



Positives about school

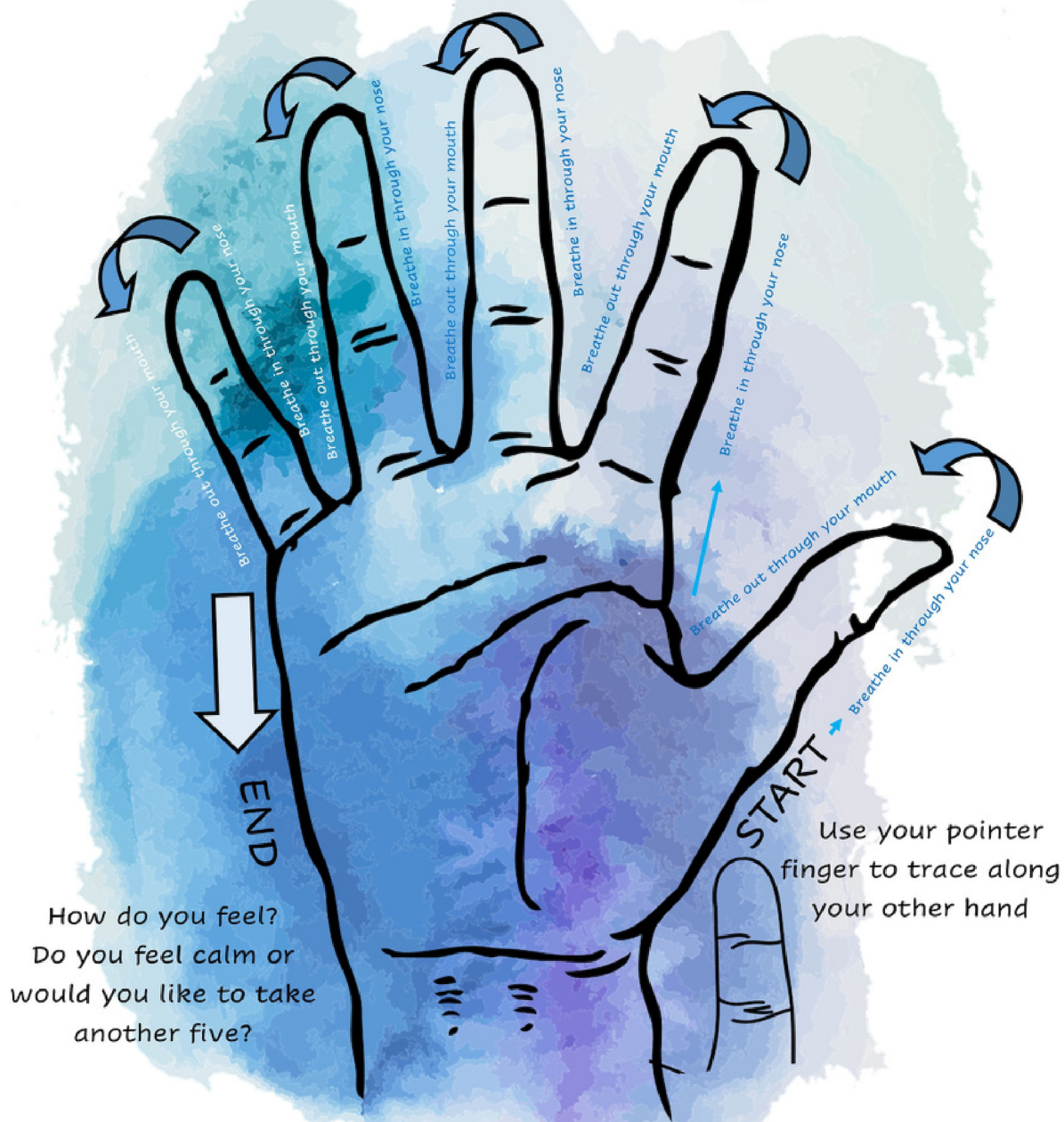




Something Funny

Draw a picture of something funny that happened
at school.

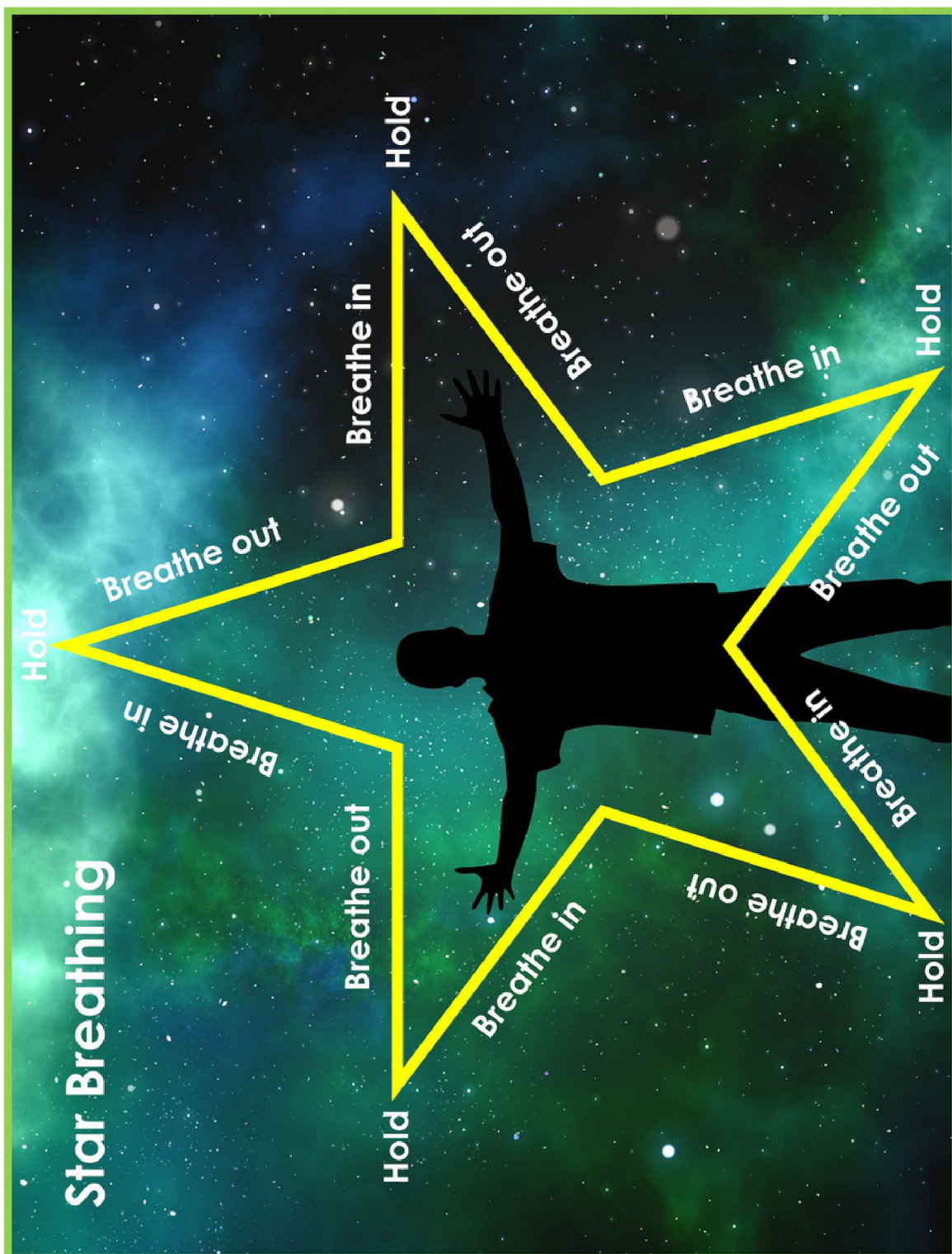
Take 5 Breathing



How do you feel?
Do you feel calm or
would you like to take
another five?

Use your pointer
finger to trace along
your other hand

- Spread your hand and stretch your fingers out like a high five or stop sign.
- Trace around the outline of your hand and fingers.
- Start at the bottom of your thumb and slide your finger up your thumb, pause at the top and then slide your finger down the other side.
- Breathe in through your nose and breathe out through your mouth.
- Keep doing this until you have finished tracing your fingers and you have taken five slow breaths.



Relaxation Breathing

Smell the flower



Breathe in...

Blow the dandelions

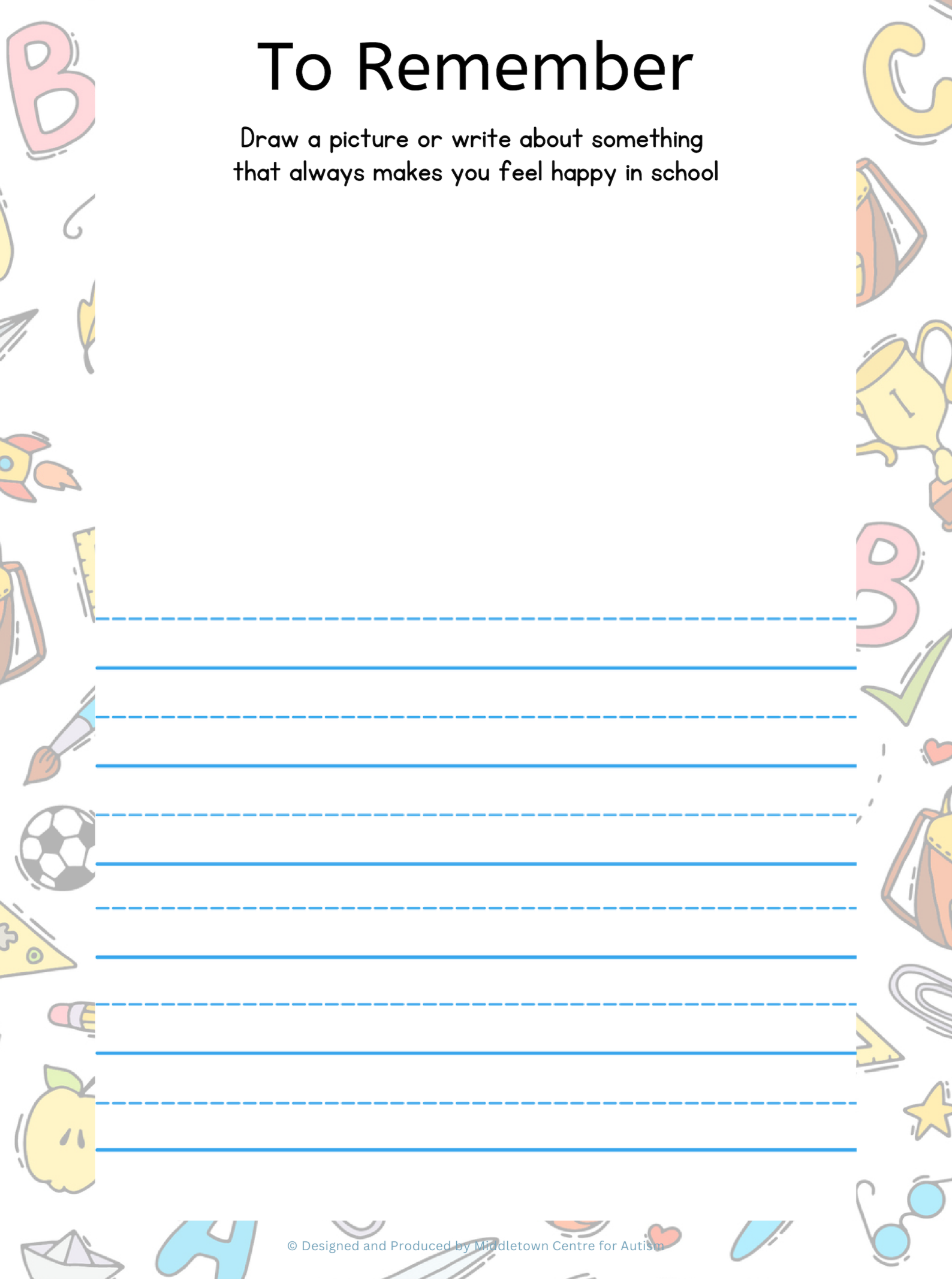


Breathe out...

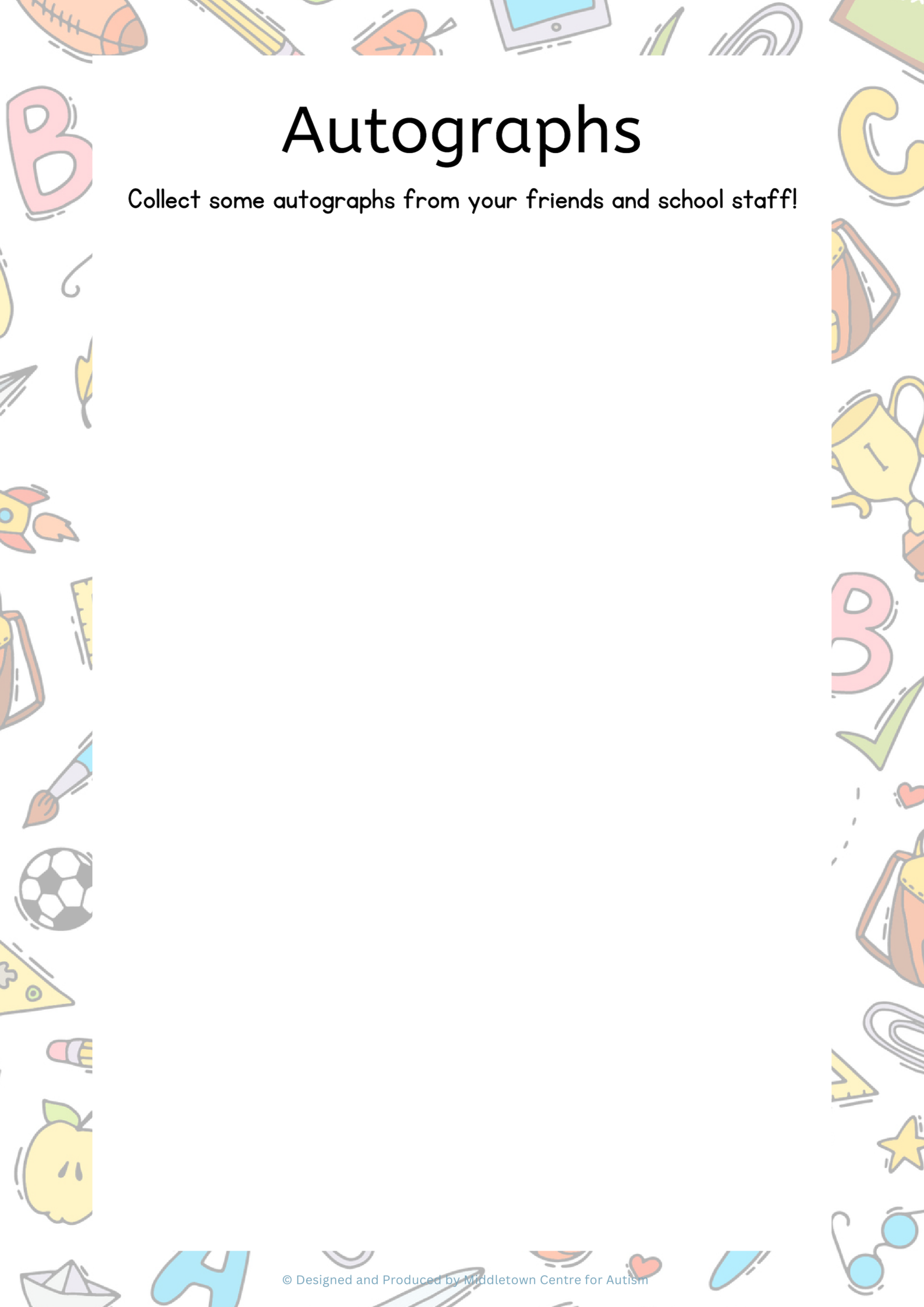


To Remember

Draw a picture or write about something
that always makes you feel happy in school



Handwriting practice lines consisting of five sets of three horizontal lines (top solid blue, middle dashed blue, bottom solid blue) for writing or drawing.



Autographs

Collect some autographs from your friends and school staff!

© Designed and Produced by Middletown Centre for Autism

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