**My Personal Learning Plan School logo**

Picture

**Child X**

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| **Class:** | **Year:** | **Area of SEN: ESMH/Cognition** |
| **Teacher:** | **Date of Birth:** | **Date of Plan: Sept 2014** |

**Ways To Help Me:**

* Give me choices and space to calm down
* Give me a target
* Give me praise
* Remind me to use my Fred Fingers

**Things I Do Well:**

* Being kind to my friends.
* Using computers.
* Joining in with reading in phonics.
* Challenging myself in maths.

**Things I Find Difficult:**

* Speaking kindly to others when I am cross
* Staying calm
* Keeping my work neat when I am not calm
* Writing on my own.

**My Target (Termly):**

**To calm down quickly and carry on with my learning.**

**How I Will Get There (Steps):**

1. Can I find an adult when I am not calm?
2. Can I identify different feelings (angry, sad, happy, excited)?
3. Can I explain why I am upset?
4. Can I have 5 minutes calm down time and come back into class?
5. Can I have 2 minutes calm down time?
6. Can I calm down in class in my own space?

**Strategies/Interventions:**

* Phonics x 30 minutes daily.
* Thrive group with JP weekly.
* 1:1 support when I am finding it hard to stay calm.
* Play-leading at lunchtime
* Reward chart and class dollars
* Calming down time
* Sandtimer

Signed (Parent):

Signed (Child):