SPECA BACK TO SCHOOL

Our first four weeks back

Settling in comes first. The first two weeks are about routine, not catching up. Tick each box when it is done. If a week is hard, repeat it. There is no deadline.

Our named contact at school: _____ **Start date:** _____

Week	What we will do	Looking back
Week 1 **Settle in** Practise the routine. Say hello to the named contact. No catch-up work yet.	☐ Practise the morning routine ☐ Pack the bag together the night before ☐ Say hello to the named contact	One small win this week: _____ It felt: Calmer / Same / Harder
Week 2 **Settle and look** Ask for the topic list. Fill in the Gap finder together. Still no catch-up work.	☐ Ask the school for the topic list ☐ Fill in the Gap finder together ☐ Book a check-in with the school	One small win this week: _____ It felt: Calmer / Same / Harder
Week 3 **Start small** Three sessions of 20 minutes, all on one topic.	☐ Session 1: 20 minutes ☐ Session 2: 20 minutes ☐ Session 3: 20 minutes	One small win this week: _____ It felt: Calmer / Same / Harder
Week 4 **Look back** Three more sessions. Update the Gap finder. Tell the school how it is going.	☐ Three more sessions ☐ Update the Gap finder ☐ Tell the school how it is going	One small win this week: _____ It felt: Calmer / Same / Harder

Praise the effort, not the marks. Getting there, trying a session and saying how it felt are all real progress.