

What changes might I expect?



Consider some of the following changes you may encounter and how you might respond.

If I get lost, I will....

- Ask one of the school staff where to go
- Ask another student
- Check my journal and remind myself of the classroom number
- Take note of where it is so I don't get lost next time
- Other: _____

If I feel like I am falling behind in class, I will....

- Talk to a teacher I feel comfortable with
- Talk to an adult I trust about what I can do
- Start a study timetable
- Give myself time to adjust! It can be tough starting new subjects
- Other: _____

If I have lots of new friends, I will..

- Balance time between my new friends and my old friends
- Take some time to relax by myself. I need alone time too
- Include others who seem left out
- Take a moment to think about what these new friendships have taught me
- Other: _____

If I'm struggling to make new friends, I will...

- Give myself time, everyone settles in at different rates
- Join a club or team in the school
- Start a conversation with someone new
- Talk to an adult about how I'm feeling
- Other: _____

If I am on top of my work and doing well in class I will..

- Share my good news with someone who cares about me
- Balance my time doing schoolwork with the things I enjoy
- Keep up the good work!
- Reward myself with something nice
- Other: _____

If I feel overwhelmed, I will..

- Take a few deep breaths to help me feel calm
- Talk to an adult I trust about how I'm feeling
- Visit Jigsaw.ie for information on supports available to me
- Ask my teacher about supports in school
- Other: _____