



MAPPING THE LANDSCAPE OF YOUR SCHOOL

Secondary: Student version

1. THE PHYSICAL ENVIRONMENT

Instructions

- Look carefully at the map of your school.
- Use the highlighter pens to mark how the areas on the map make you feel.
Green = I feel calm and relaxed in this space.
Yellow = I feel anxious/uncomfortable in this space.
Red = I would like to avoid this space as it makes me very anxious.
- For the areas that you have coloured red, are there any circumstances, e.g. time of day, which make you feel more safe?

- What might the school do to help you feel safer in your 'red' areas?

Thank you for colouring the map.

2. THE SOCIAL ENVIRONMENT

During the school day we are expected to work with and talk to both adults and other students. Sometimes these social situations can be pleasant but at other times they may cause us anxiety. Some social situations are described below. Mark on the rating scale to show how you feel about them, e.g.

|
1

I avoid this
if I can



|
2

I am very anxious
about this

|
3

I feel anxious/
uncomfortable
about this



|
4

I feel
comfortable
about this

|
5

I enjoy this





1 Greeting other students in the tutor group in the morning	1	2	3	4	5
2 Walking down corridors at class changeover time	1	2	3	4	5
3 Lining up to go into the classroom before a lesson	1	2	3	4	5
4 In class, if there is no teacher in the room	1	2	3	4	5
5 Waiting to go into the canteen for lunch	1	2	3	4	5
6 Buying food in the canteen	1	2	3	4	5
7 Sitting in the canteen	1	2	3	4	5
8 Break times when I have to go out with the other students	1	2	3	4	5
9 Changing for PE/games	1	2	3	4	5
10 Taking part in PE/games	1	2	3	4	5
11 Talking to subject teachers	1	2	3	4	5



12 Talking to support staff/staff	1	2	3	4	5
13 Getting to school and home from school: ▲ Walk ▲ Bus ▲ Taxi	1	2	3	4	5
14 Talking to other students in my tutor group	1	2	3	4	5
15 Talking to classmates	1	2	3	4	5

For the situations that you find most difficult – please write down what would make them easier for you.

<i>What could make a difference...</i>	
<i>Situation</i>	<i>Idea</i>
▲	
▲	
▲	
▲	
▲	
▲	
▲	



3. THE LEARNING ENVIRONMENT

Subject preferences

Many different subjects are taught in school and some we find easier and more interesting than others. Rate the subjects on the list on a scale of 1-5.

|
1

I avoid this
this subject



|
2

I do not like
this subject

|
3

I tolerate
this subject



|
4

I like this
subject

|
5

I really enjoy
this subject



e.g. If you really enjoy maths...

<i>List of subjects</i>	<i>Rating</i>
Maths	5




My subject ratings are:

<i>Subject</i>	<i>Rating</i>	<i>Subject</i>	<i>Rating</i>
Science		Art	
ICT		DT	
English		Geography	
PE/games		French	
Drama		Spanish	
History		Other language	
RE		Dance	
Maths		Music	



Working in class

Classes involve different ways of working and some we will find more comfortable than others. Use the 5-point rating scale to indicate how you feel about different things that happen in classes.

 1	 2	 3	 4	 5
I avoid this if I can	I am very anxious about this	I feel anxious/uncomfortable about this	I feel comfortable about this	I enjoy this
				

1 Answering questions in class	1	2	3	4	5
2 Listening when the teacher explains what we are going to do in the lesson	1	2	3	4	5
3 Following instructions	1	2	3	4	5
4 Knowing what to do to start a task	1	2	3	4	5
5 Working on my own	1	2	3	4	5
6 Working with a learning partner	1	2	3	4	5
7 Working in a group	1	2	3	4	5



8 Asking a teacher for help when I have not understood something	1	2	3	4	5
9 Working in a quiet class	1	2	3	4	5
10 Working when other students are messing about	1	2	3	4	5
11 Reading aloud in class	1	2	3	4	5
12 Written work - handwriting	1	2	3	4	5
13 Recording what I have done using pictures, diagrams or graphs	1	2	3	4	5
14 Using the computer to record what I have done	1	2	3	4	5
15 When the teacher tells off other students	1	2	3	4	5
16 When the teacher is giving back our homework	1	2	3	4	5
17 When the teacher is marking my work	1	2	3	4	5



18 When I go into class and my usual teacher is not there, but a cover	1	2	3	4	5
19 When our class has been moved to a different room	1	2	3	4	5
20 Making sure that I have all the books and equipment I need for the class	1	2	3	4	5
21 Writing down homework so that I can understand what to do when I get home	1	2	3	4	5
22 When I have a learning support assistant (LSA) supporting me in class	1	2	3	4	5
23 When I have to stop what I am doing before I have finished	1	2	3	4	5
24 When the teacher writes down what we have to do as well as telling us	1	2	3	4	5
25 When the teacher uses pictures, diagrams, videos, etc. to help to explain things	1	2	3	4	5
26 Homework	1	2	3	4	5
27 Sharing equipment in practical lessons, e.g. art or design and technology (DT)	1	2	3	4	5



28 When other students try to distract me	1	2	3	4	5
29 When the teacher introduces a new topic I know little or nothing about	1	2	3	4	5
30 Class tests and assessments	1	2	3	4	5
Look at your rating about what happens in class. Can you describe your ideal class/ lesson?					