








Emotionally Based School Avoidance Guidance

Support plan

Support Plan	
Name:	Date:
At school these things can make me feel upset:	
	
My key adult(s) in school is/are:	
When I can speak to my key adult(s):	
Where I can speak to my key adult(s):	
Until _____ my return to school plan includes the following changes to my attendance:	
(Identify any changes to days or time they come in)	
	
Changes to my timetable include:	
(Identify any changes needed and what should happen/ where they should go instead)	
	
Any other changes include:	
Identify any other changes to routines, (break, lunch times, changes between lessons etc.) classroom expectations (not expected to read aloud, work in pairs etc.) or homework.	
	
When I start to get upset, I notice these things about myself:	
	
When I start to get upset, others notice these things about me:	
	

Things I can do to make myself feel better when I'm at school:



Things that other people (staff and friends) can do to help me feel better when I'm at school:



Things that my family can do to support me to attend school:



Places in the school I can go to where I feel safe and supported:



This plan will be reviewed regularly so that it remains helpful.

Review date:

My signature

Key adult's signature

Parent signature

Other people who have access to the plan are: