SAY
SEND AND YOU
SENDIAS

Things I want to SAY

My views and experiences

Name: _____

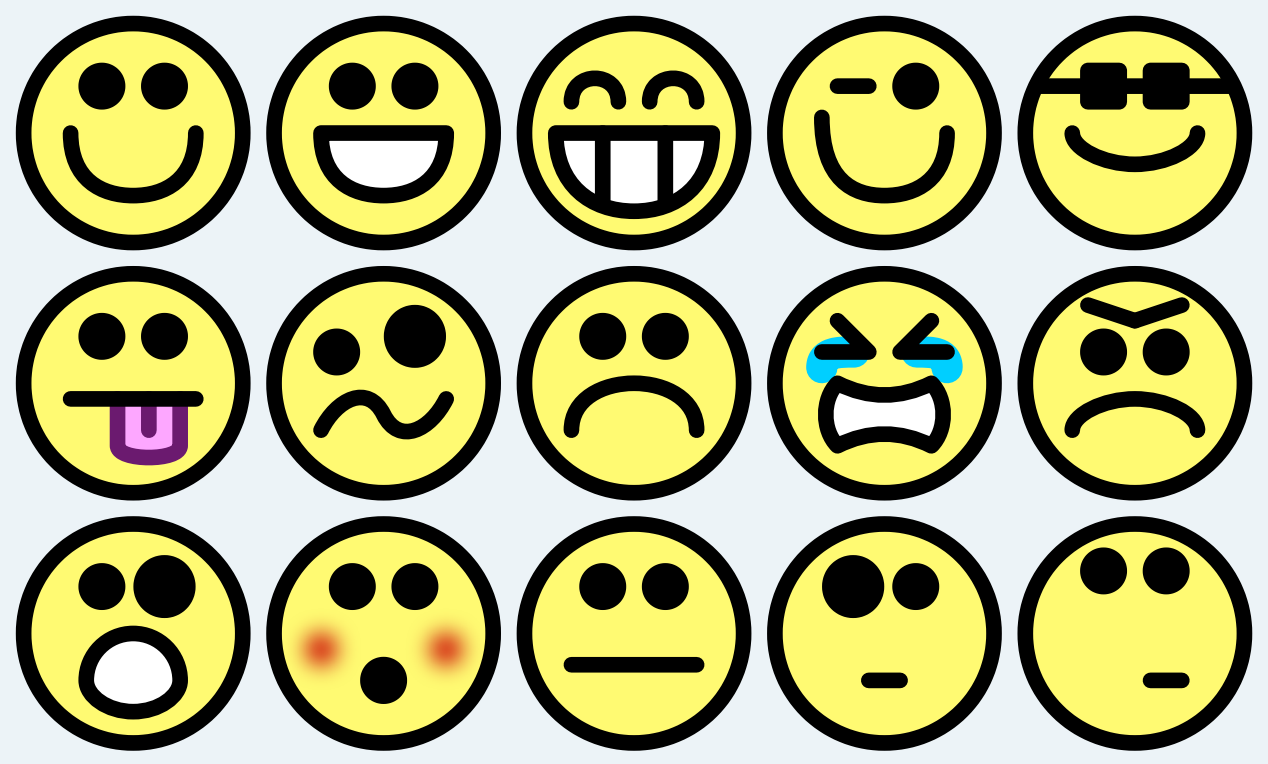
School: _____

Date: _____

Some questions to think about...

You have a right to have your views heard. This part of the workbook is all about helping you to share your thoughts, likes and dislikes about school.

You may like to write some words down, ask someone to make notes for you, you can even draw pictures and use emoji's - whatever helps you express your thoughts.



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School makes me feel....

Can you explain your choice and share your thoughts below?

At school I feel that I am good at some things.

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I can find things difficult at school

I have friends at school

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I feel understood by my teachers

I am worried about something at school

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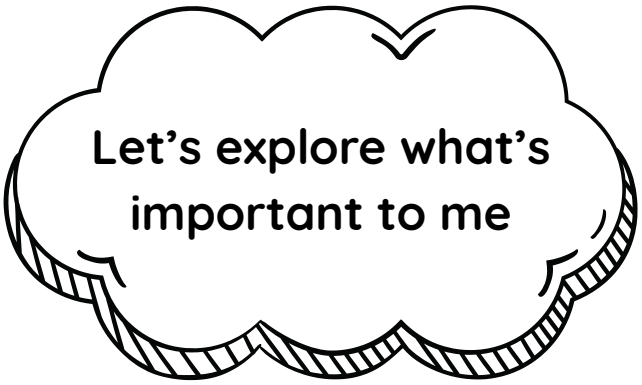

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What's working now?

School is working for me?

1 2 3 4 5

I feel this because...

Things outside of school are working for me?

1 2 3 4 5

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What could be different?

I would like it if...

Does anything need to change?

What is important to me in the future?

Having friends and socialising

1 2 3 4 5

I feel this because...

Living independently

1 2 3 4 5

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Having a job

1	2	3	4	5

Managing my own health needs

1	2	3	4	5

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My current confidence in...

Accessing things to do

Talking to new people

Making friends

Talking about my needs

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My current confidence in...

Accessing the GP (doctor)

Career planning

Travelling independently

Socialising independently

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My confidence at school in...

Asking for help

Reading out loud in the classroom

Understanding lessons

Attending school

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What would I like to change?

Health

Education

Social

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Let’s think about next steps

The steps I would now like to take are...

The areas I would like further support with are...

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