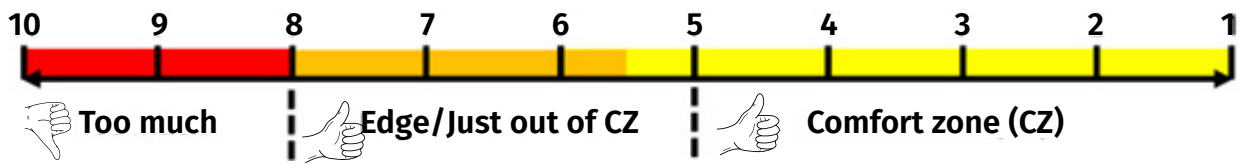


Me at school



Times I can feel it is too much

Times I can feel on edge of CZ

Times I can feel in my CZ

What others can do to help

What others can do to help

What can increase the time I am in my CZ

What I can do to help

What I can do to cope

What I can do to stay in CZ

My top skills and interests are:

How can these be used more at school?:

My top supports to help me feel in the my comfort zone and able to cope when on the edge or just outside of it are:

I can ask for extra support and help by...

