

# How best to support me

## What works for me:

- Working in a quiet environment with low levels of background noise.
- People understanding what I find really hard and checking in that I've understood.
- Having very clear instructions for class tasks and homework.
- Teachers getting to know me well so I feel confident to ask for help.
- Not being rushed - having time to take in what you've said but also to think about what I want to say.
- Having a task broken down for me so I can follow it bit by bit.
- Teachers being aware that I often feel overwhelmed when there's lots of talking and noise.
- When I have to do tests, being in a small room that's quiet really helps me.
- Having a predictable schedule and knowing about changes early on.

## Other things that my speech and language therapist says can help.

- Extra support with learning important vocabulary in a topic.
- Support what you say with visual information such as pictures, diagrams, maps, lists, flow charts, symbols.
- Asking me to explain what I think I need to be doing so you can check what I have understood about a task.
- Sitting away from background noises i.e. noisy computers, pipes, sinks, noisy students.
- Making good links between what I know already and new things I have to learn.
- Lots of reviewing of new words and ideas so I can remember what I've learned from week to week.



SWINDON  
BOROUGH COUNCIL

# Information Passport

for 



Please read!

The following information will help you  
when supporting me

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# Important things to know about me

## My strengths

I'm friendly and trustworthy

Kind and thoughtful

I like to be there for friends to help them.

I care about people's feelings.

I'm intelligent (but sometimes it's hard for me to believe it!)

I'm good at Maths, Minecraft, creating things and using my imagination.

## My likes and dislikes:

I like playing Minecraft on the Xbox with my friends.

I enjoy building Lego

I enjoy reading comics

I like playing football

I like cars and mechanics

I like Mr Bean

I don't like noise and crowds and busy environments.

**My communication:** I am often very quiet but once I know you well I am happy to talk. I might not always say when I don't understand. When I'm relaxed and feeling good I can have good conversations. I am a good listener in a small group but I find larger groups difficult.

**What you might notice if I'm stressed, worried or upset:** I get tearful very quickly if I feel like I can't do something or if the work is hard. I often feel worried and frustrated and you might notice me going very quiet.

**Things that help me to feel ok are:** Having someone to go to who understands and someone noticing and asking if I'm ok.

# Things I find hard (and really annoying!)

- I have a poor working memory which means I can't remember a lot of spoken information in one go.
- My brain finds it hard to filter out background noise which makes life very confusing - it's hard to listen in the classroom and when people are having conversations.
- I process information slowly so I need lots of time to take in what you've said.
- Sometimes I can't think of the words I need to get my ideas across - I get stressed if I feel rushed and sometimes I feel embarrassed talking.
- I don't like to ask for help if I don't know the teacher well.
- My brain takes longer to find information that I've learnt this makes it difficult for me to do things like calculations quickly or link new learning to old learning.
- I don't always know how to get started with a task - this happens in class but also with tasks at home. Homework can be really tricky.
- Writing and spelling are really hard for me and my hand often aches.
- I can't take in lots of written information because my brain won't remember what I've read.
- I like to know what's coming next and what I will be doing - I find unpredictability and change hard.

**All of this is really frustrating for me but I really want to learn and do well!**