**John Smith – Guide to me**

**The best ways to communicate with me/help me learn:**  
One-to-one and face-to-face

Use short sentences

Check I have understood

Do not shout and keep calm  
  
**Things that calm me are:**  
Praise

Talk about fish

Giving me time out  
  
**Things at school that cause me stress anger or anxiety**  
Telling me one thing but meaning another

Change

Too much noise

Not being listened to

People sitting too close to me

Being put on the spot

Putting me down

Pointing out my flaws/mistakes  
  
**You can tell I am stressed if:**I fidget or zone out

If I don’t enjoy the lesson/ don’t engage in the lesson  
  
**What do if I get stressed:**  
  
A chill out (library or other quiet room)

Walk around school

Give me a glass of water

Look at pictures of fish

**Important things to note:**  
I don’t like shouting.

I don’t like to be touched.

I will tell you what I want you to know.   
  
**My key people to contact in school are:**

My key staff member is xxx name xxxx

My year 10 mentor is xxx name xxxx  
  
Adults who I am friendly with are xxx names xxxx