Starting school: people, places and help

Print this sheet, or talk through the prompts together. Use only the parts that help. Keep completed copies private.

Make this sheet with information from your child's school. Write, draw or add permitted photographs. It can be useful for a first start or a move to another primary school.

People I will get to know

My teacher or main classroom adult: _____

Another adult who can help me: _____

Who will take me and collect me: _____

How I will be told if collection plans change: _____

Places we can explore

Our entrance: _____

Where I put my things: _____

Where the toilets are: _____

Where I eat or have a break: _____

Ask the school about a visit or suitable pictures. Leave an unknown detail as a question rather than guessing.

How I ask for help

Words, signs or an aid I use: _____

How I might show that I am worried or uncomfortable: _____

What an adult can do that helps: _____

Continue: Starting school: people, places and help

Information for school

A communication, sensory, physical or learning need to discuss: _____

Something that has helped in another setting: _____

Who we will discuss support with: _____

Use the school's own procedures for medical and emergency information as well.

One thing to practise

A small, useful action: _____

The help an adult will give: _____

A relaxed opportunity to try it: _____

After the first days

Something that felt familiar: _____

A new question to ask: _____

This is a familiarisation sheet, not a readiness assessment. A child does not need to complete every task independently to deserve the right support.

Browse all free resources.

More help for your family

Focus on people, places and asking for help, with support that fits your child.

Free printable resource. A practical transition sheet for the journey, school routines and getting help.