



Term 1 Check-In

Use this check-in to pause, reflect,
and strengthen supports before they fade.

Student Support Check-In

1. What supports are still in place and working?

- Clear routines and expectations**
- Visual supports (timetables, prompts)**
- Regulation strategies embedded into the day**
- Choice and flexibility in tasks**
- Consistent responses from adults**

2. Which students are benefiting most from current supports?

3. Who may need adjustments or follow-up?

4. Where are students showing signs of dysregulation or overload?

5. One small environmental adjustment I could trial next:



Teacher Wellbeing Check-In

1. **I have realistic expectations of myself**

I know who to ask for help

I have routines that reduce fatigue

I feel supported, not just monitored

2. One thing that is helping me cope this term:

3. One support I need more consistently:

4. Are supports dependent on one person or shared across the team?

Shared language and approaches

Clear documentation of adjustments

Regular check-ins or follow-ups scheduled

5. What needs to be made more consistent?

6. One support I commit to maintaining (not just introducing):