



Settling in toolkit

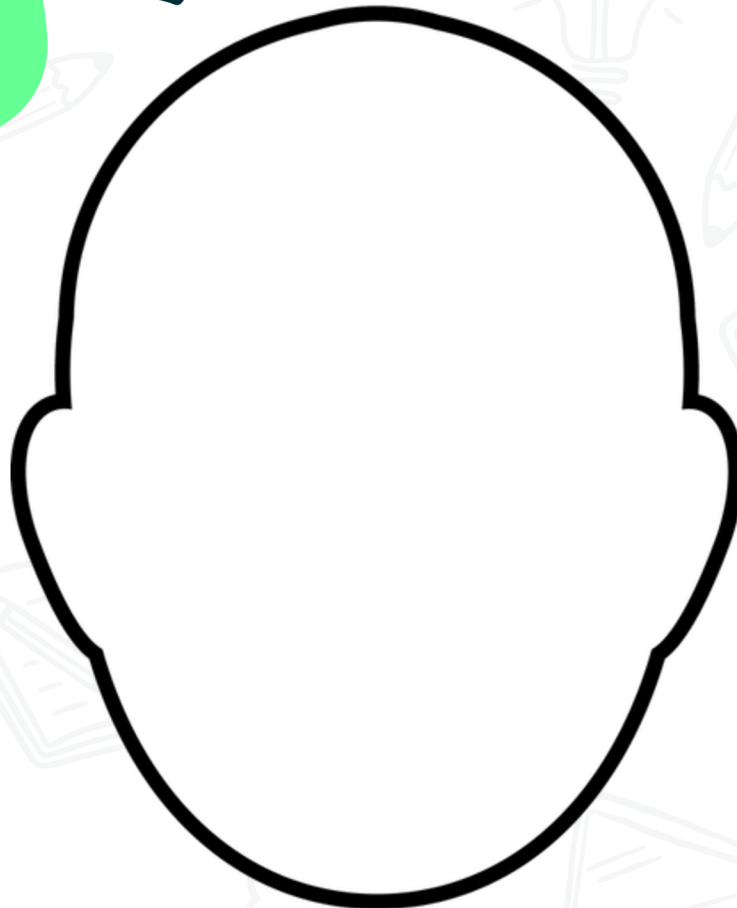
Activities
to help you
feel ready for
learning



This toolkit belongs to:

My support team

This
is me



Who can help me at...



HOME

My Parent



My Carer



Another safe adult



Tute
EDUCATION

My teachers



Student Support



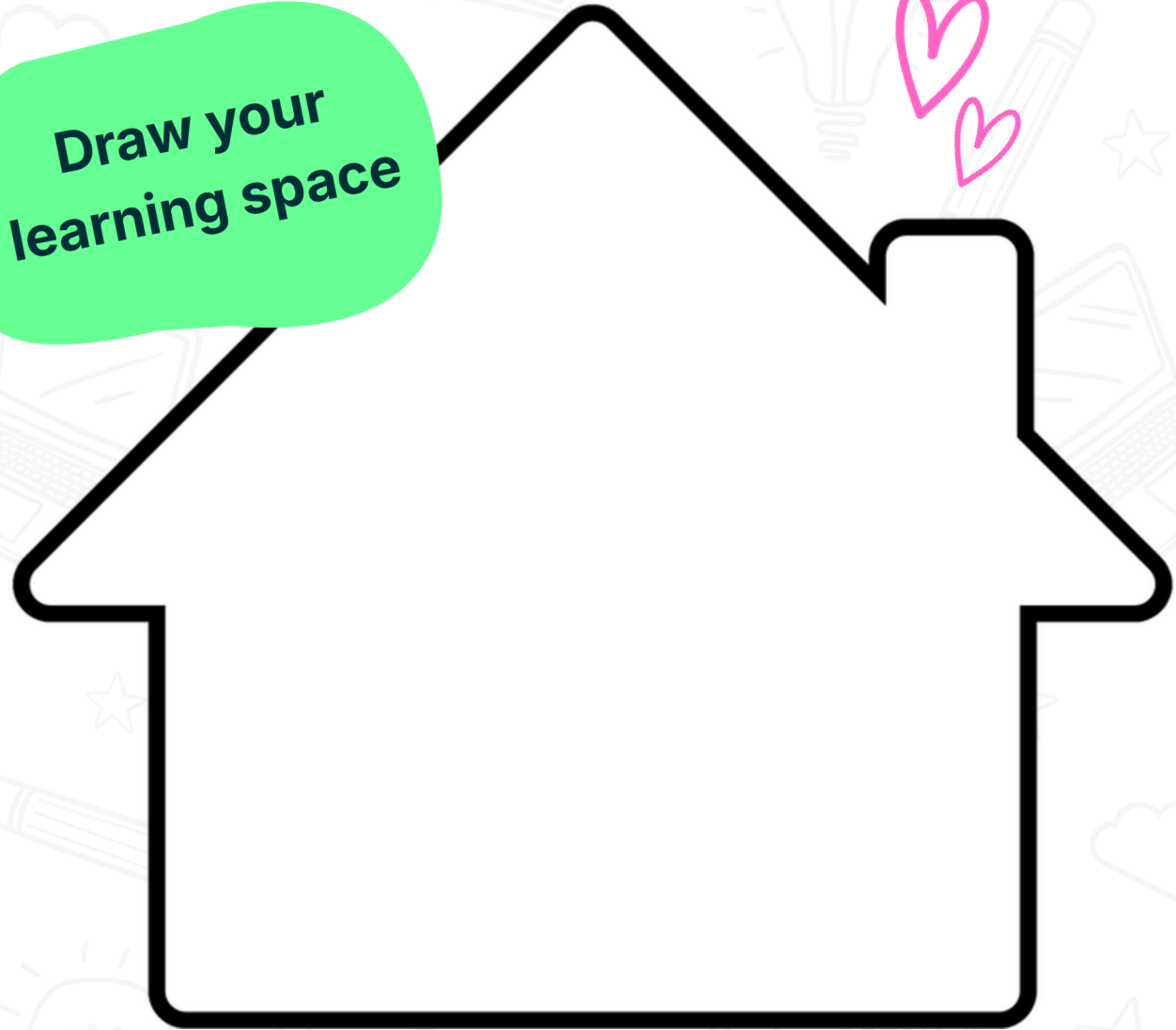
Parent Support



My learning space

This is where I learn best.

Draw your
learning space



Things that help me learn:



How do I feel about starting my Tute learning journey?



EXCITED



HAPPY



CALM



HOPEFUL



WORRIED



NERVOUS



UNSURE



OTHER

I feel like this because...

.....

.....

What might help...

.....

.....



Things I'm looking forward to...

Let's think about what you're looking forward to on your Tute learning journey.

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My getting ready checklist

☐

I KNOW MY LOGIN DETAILS

☐

MY DEVICE IS CHARGED

☐

I KNOW HOW TO JOIN LESSONS

☐

I KNOW HOW TO WATCH LESSON PLAYBACKS

☐

I KNOW HOW TO ASK FOR HELP



You've got this!



Brain break menu

I can take a break when I need to.

Here are some ideas:

Need to feel more awake?



STRETCH



DANCE



JUMP

Need to calm down?



DEEP BREATHS



COLOUR



LISTEN TO MUSIC

Need a sensory break?



QUIET CORNER



FIDGET TOYS



COSY BLANKET



Five finger breathing

Trace your hand with your finger.

BREATHE
IN WHEN
YOU GO UP



BREATHE
OUT WHEN
YOU GO DOWN

Give it a try whenever you're
feeling worried or overwhelmed.



5, 4, 3, 2, 1

Use your 5 amazing senses to find your calm.

5

THINGS YOU CAN

SEE

4

THINGS YOU CAN

TOUCH

3

THINGS YOU CAN

HEAR

2

THINGS YOU CAN

SMELL

1

THING YOU CAN

TASTE

Give it a try whenever you're feeling
overwhelmed in a busy place.



Kind reminders...



Try your best - that's always enough.



It's ok to ask for help.



Everyone learns at their own pace.



Be kind to yourself.



Every question is a good question.



If today feels tricky - tomorrow is a new day.

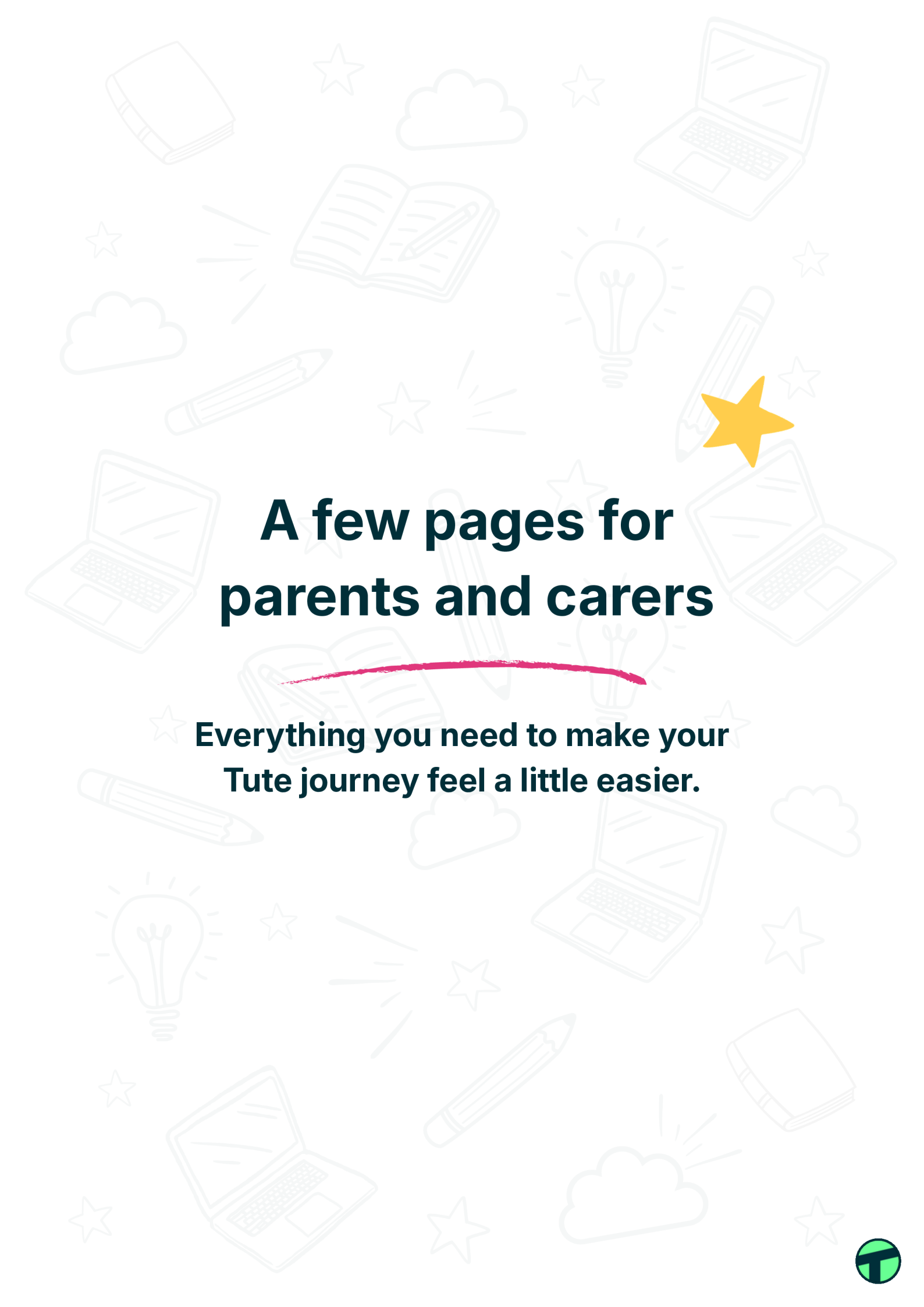


Tell a safe adult if you feel worried or upset.



Smile! You're doing great.





A few pages for parents and carers

**Everything you need to make your
Tute journey feel a little easier.**



Family Hub and Student Hub

The Family and Student Hubs are your
one-stop space for everything you need.

You'll find...

Step-by-step guides and helpful videos

Tips for supporting learning at home

Insightful blogs and updates

Safeguarding information

Details of our virtual coffee mornings

FamilyHub



StudentHub



Useful contacts

PARENT SUPPORT

01244 668109

parentsupport@tute.com

HOW WE CAN HELP:

- Answer any questions you may have about your child's learning experience
- Help you understand how to access and use Tute's platform
- Explain how Tute lessons work and what your child can expect
- Provide tips on encouraging attendance and engagement
- Share resources that help you support your child's learning
- Listen to your feedback and answer your questions about Tute's provision
- Signpost you to additional resources or organisations that may be able to help

TECHNICAL SUPPORT

0330 330 9751

tech.support@tute.com

If you experience any technical difficulties, such as not being able to log in, please contact our technical support team.



Top tips

Start easing into routines a few days before lessons start.

**Help your child stay motivated by staying involved and showing an interest in their learning.
Try setting some goals together.**

**Create a productive learning environment.
Find a quiet space.
Try to minimise interruptions and distractions.**

Check logins and devices early to avoid any last minute stress.

Support engagement by checking in on their lessons and by celebrating effort and progress.

Let your child know it's ok if they need to ask for help.

Help us understand how to best support your child by filling in our [Parent Insights Form](#).



A few things to remember



**IT'S OK IF YOUR CHILD FEELS ANXIOUS
ABOUT STARTING LESSONS...
THIS IS COMPLETELY NORMAL**



START WITH SMALL STEPS

**FOCUS ON KEEPING THINGS CALM
AND PREDICTABLE**



CELEBRATE THE SMALL WINS

**Let us know if you have any worries.
we're here to support you.**

