



Settling in toolkit

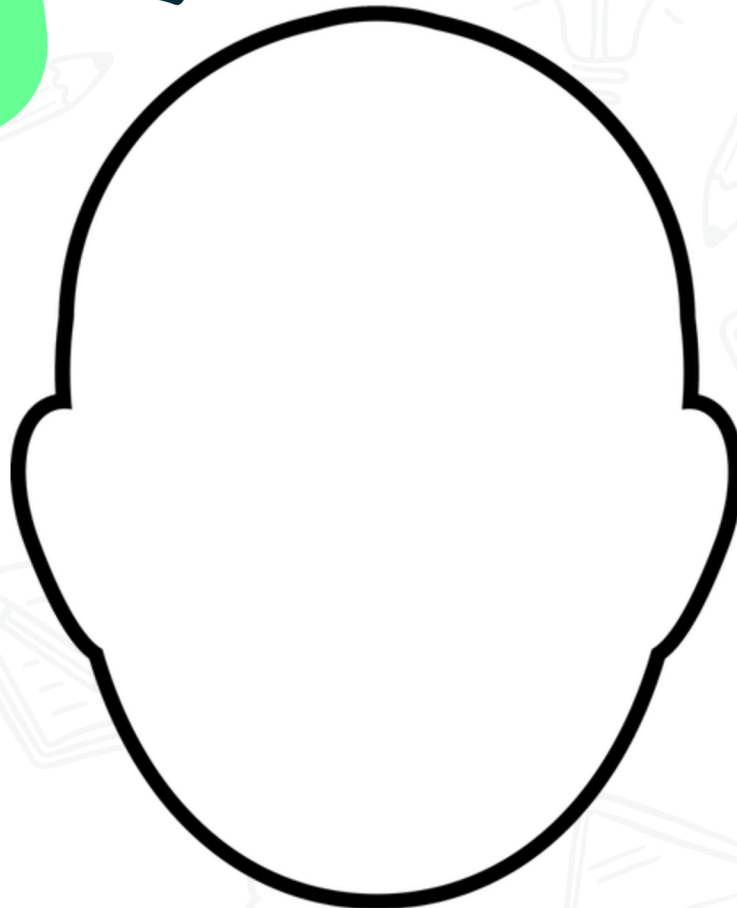
Activities
to help you
feel ready for
learning



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



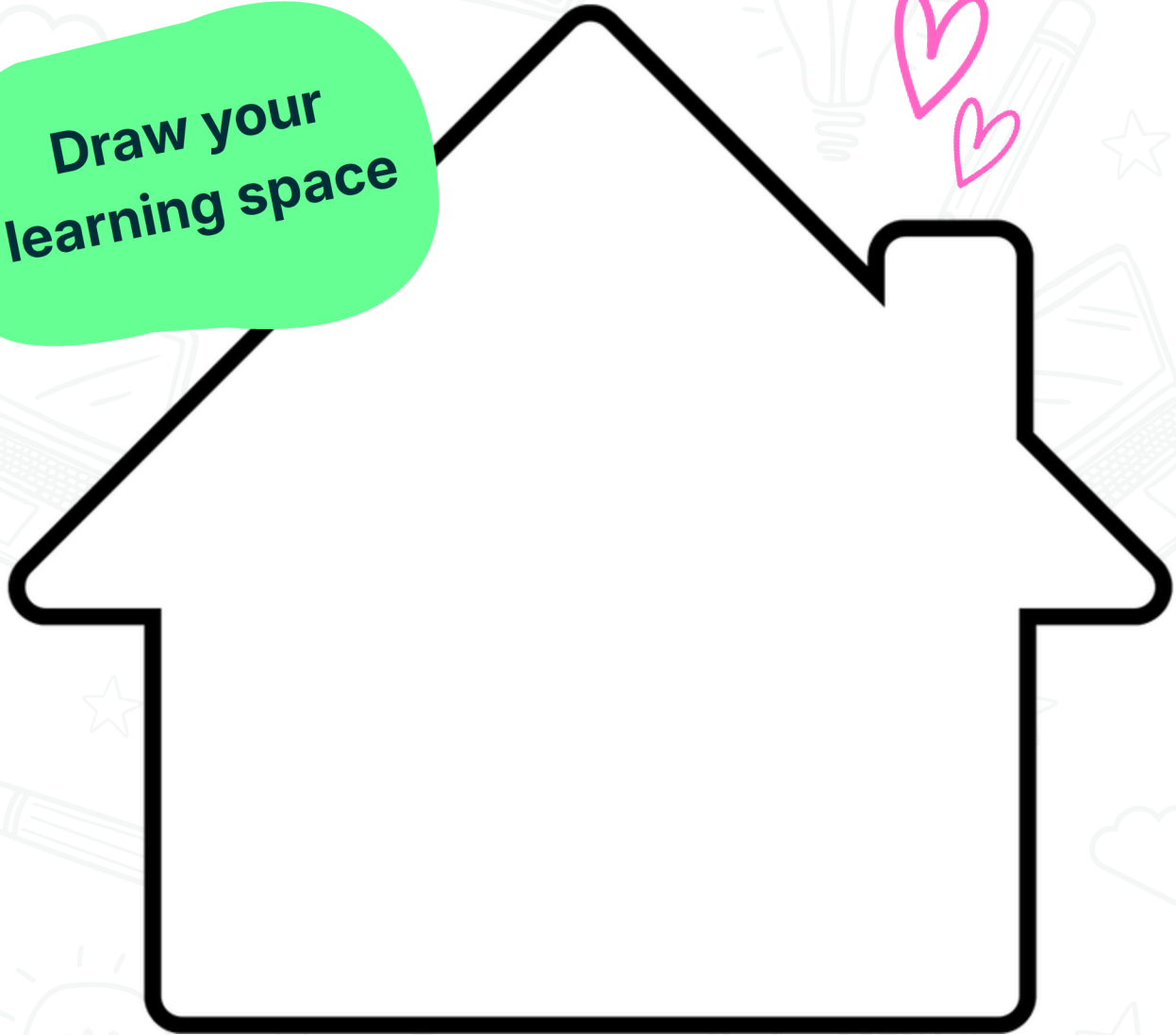
Parent Support



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.

