

Support Plan

Name:

Date completed:

Step One: How are you going?

Reflect on the statements on this sheet. Choose the face that reflects how you currently feel about each statement and write down what this looks like in your life in the space provided.

	Choose One	Comments
<p>Taha tinana Physical wellbeing</p> <p>This includes:</p> <ul style="list-style-type: none"> Eating well Doing regular physical activity Getting enough sleep Keeping healthy and well 	    	
<p>Taha hinengaro Mental and emotional wellbeing</p> <p>This includes:</p> <ul style="list-style-type: none"> Feeling confident Knowing how to communicate thoughts and feelings Managing stressful situations Feeling good about myself and others 	    	
<p>Taha whānau Social wellbeing</p> <p>This includes:</p> <ul style="list-style-type: none"> Ability to care and share with others Feeling connected to whānau Having positive friends Being involved in positive activities 	    	
<p>Taha wairua Spiritual wellbeing</p> <p>This includes:</p> <ul style="list-style-type: none"> Feeling like I belong and am connected to things and people that matter to me Having goals and hope for the future Knowing who I am and what is important to me Values and beliefs that support wellbeing 	    	

Confidentiality

School staff **work together** with other support agencies to provide the best possible support.

We look out for **safety**. If we are concerned about your safety, or the safety of someone around you, we may need to talk to and involve other support people.

Your **parents** are legally responsible for you and we will keep them informed as needed.

Together we will identify who is in your **support network** and how each will be involved.

Step Two: Think critically about what happened or what is happening

<p>The situation</p>	<p>What happened or what is happening?</p>
<p>Reflection</p>	<p>How do you feel about the situation?</p> <p>What aspects of this situation are acceptable or unacceptable?</p> <p>Why do you say this?</p>
<p>Values and beliefs</p>	<p>What are the values and beliefs of the people involved in this situation?</p> <p>What do you think has influenced these values and beliefs?</p>

<p>The impact</p>	<p>Who has been affected? In what ways?</p> <p>What could they have experienced?</p>
<p>Change and support</p>	<p>What needs to change?</p> <p>How can you contribute to this change?</p> <p>What support do you need?</p>

Adapted from Ministry of Education. (2004). The Curriculum in Action: Making Meaning Making a Difference and Ministry of Education (2014). Positive Behaviour for Learning: Restorative Practice Kete Book Three Restorative Circles.

Step Three: Plan what we will do

What is your overarching goal?		
What actions will happen to get there?	Who	Date for review

Your support network

Who is in your support network?		Level of Involvement			
		Less involved ←————→ More involved			
		They get told what I am doing	They get told how I am progressing	They come to meetings with me to support me to make changes	They work with me to support me to make changes
Name	Contact				
Name	Contact				
Name	Contact				
Name	Contact				
Name	Contact				

Support Plan: Review

Name:

Date completed:

What has gone well?

Write your successes here

What has not gone well?

Write your struggles here

What will happen next?

Write your new actions here

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