

# **Teen Support Plan**

Coordinate school, home and health strategies.

## **At school**

- Movement or sensory breaks every \_\_ minutes.
- Mini whiteboard or planner for instructions.
- Access to calm pass or safe adult when overwhelmed.
- Preparation for transitions and exams shared early.

## **At home**

- Homework start cue (timer, alarm, body doubling).
- Screen agreement with clear off ramps.
- Positive reinforcement plan (token jar, activity menu).
- Weekly family check in to review wins and worries.

## **Health and wellbeing**

- Medication taken with meals and logged.
- Sleep routine scaffolded with consistent wind down.
- Exercise or sport sessions scheduled for regulation.
- Therapy or coaching appointments noted.

## **Emergency plan**

If mood crashes or self harm urges appear we will: \_\_\_\_\_

Contacts and services: \_\_\_\_\_