

What are the harder parts of the day, and how could they be made less difficult?

What new life skills or routines could set me up well for the future, and what could learning those look like?

What are my strengths and interests? How can they be built on to create opportunities into the future?

What things build and maintain your wellbeing, and how could they be more available in your week?



High School – My Story

Who supports us, and how can we help them to be available to us?

Which decisions am I making, and what could be involved in my playing more of a role in decision-making?

How might we expect boundaries to change in adolescence, and how can I be supported to understand and make those changes?

What decisions am I making about the risks I might take at this age? How am I best supported in the presence of risk?

What could a more sustainable break look like?