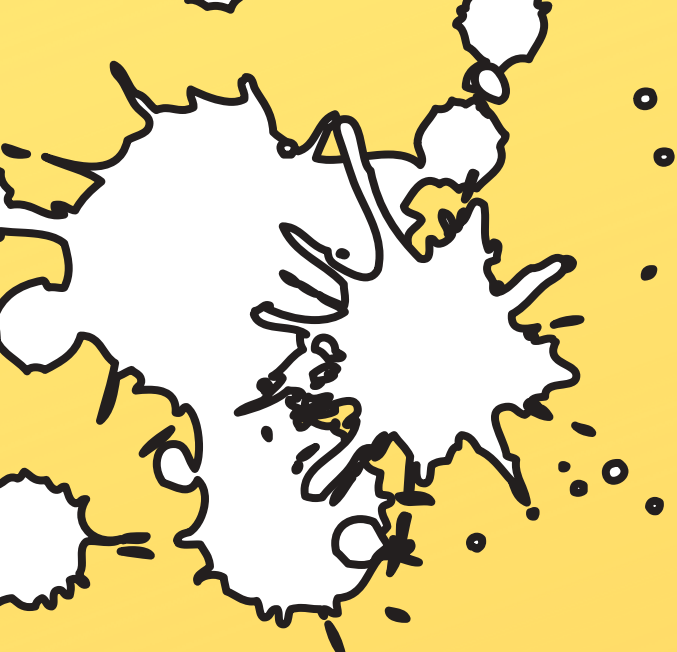


My Recovery Passport

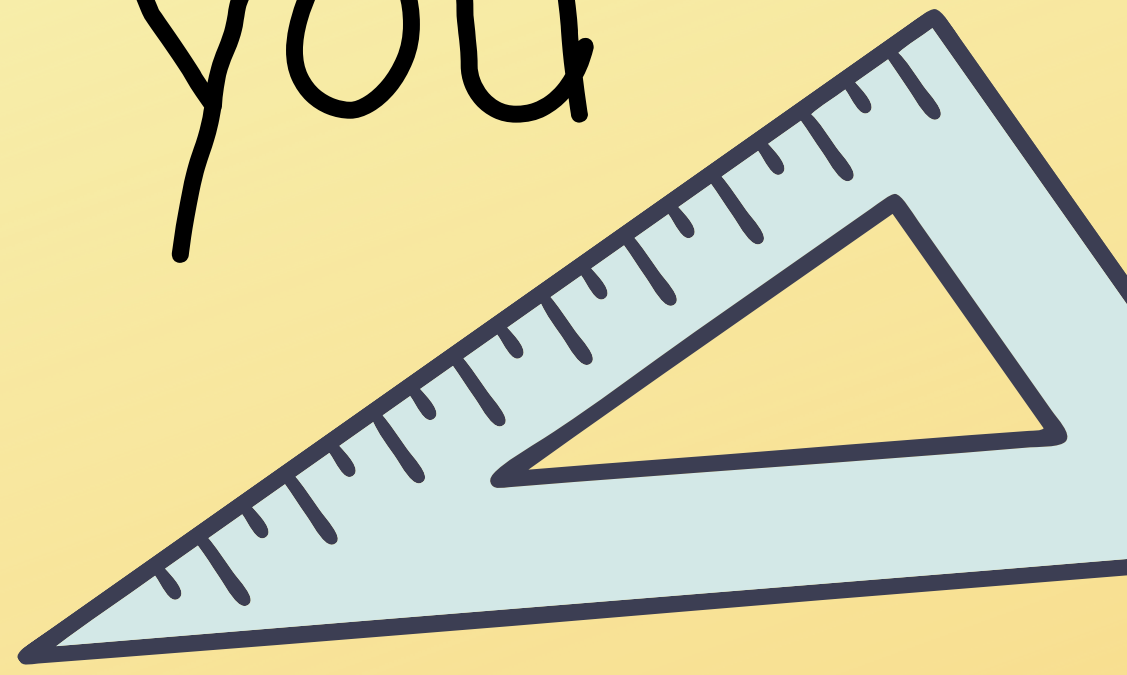


All about me

Remind us about yourself



Tell us how you are..



Take part in the behaviour tree task from start to finish.

Start and keep up a journal of your thoughts and feelings.

Tell us about your experiences during lockdown

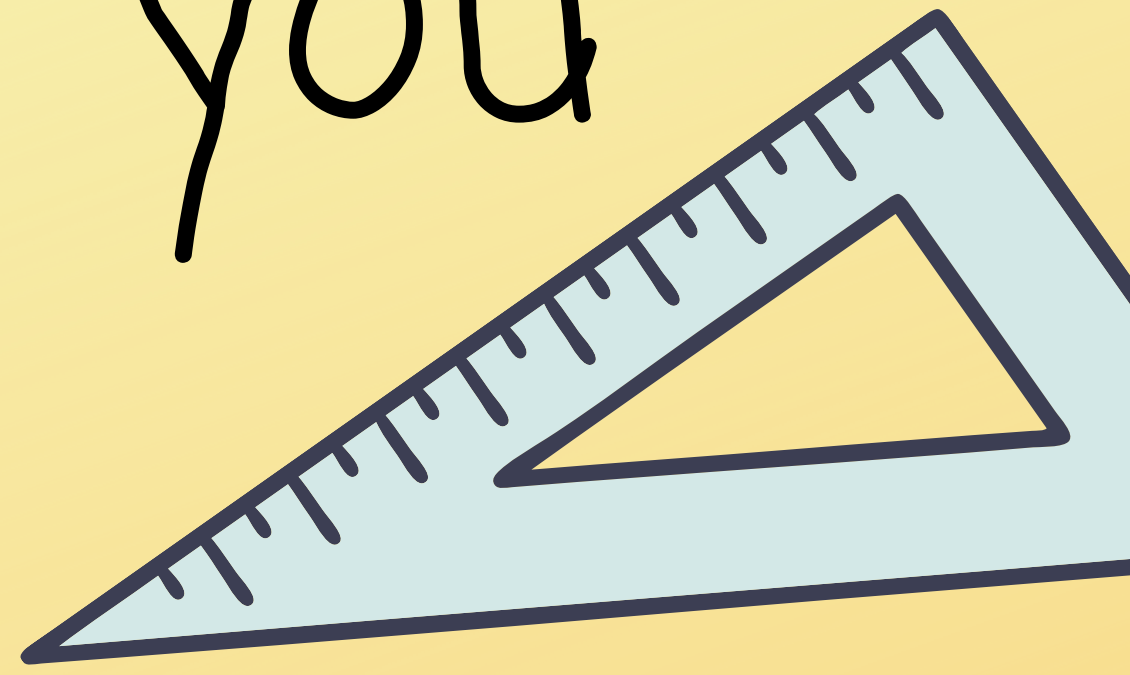
Complete stress and worry scales

Discuss troubling memories or thoughts with a tutor.

Talk to staff about any worries or concerns.



Tell us how you are..



Take part in the behaviour tree task from start to finish.



Start and keep up a journal of your thoughts and feelings.



Tell us about your experiences during lockdown



Complete stress and worry scales



Discuss troubling memories or thoughts with a tutor.



Talk to staff about any worries or concerns.



Find out more about...



Other peoples experiences

Ask about others
experiences

Show kindness to others

Take turns in group
activities

Show good team work

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Anxiety.

Learn about dealing with
anxiety

Use controlled breathing to calm
yourself

Practice grounding and
minfulness

label your thoughts into either
red and green

Recognise what has made you
anxious

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Find out more about...



Stress

Learn about dealing with stress

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Build your own stress bucket

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Deal with stressful situations better

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Show improved focus on the future

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Worry.

Show interest in an activity

Seek help when feeling overwhelmed

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Take time out to regulate your emotions

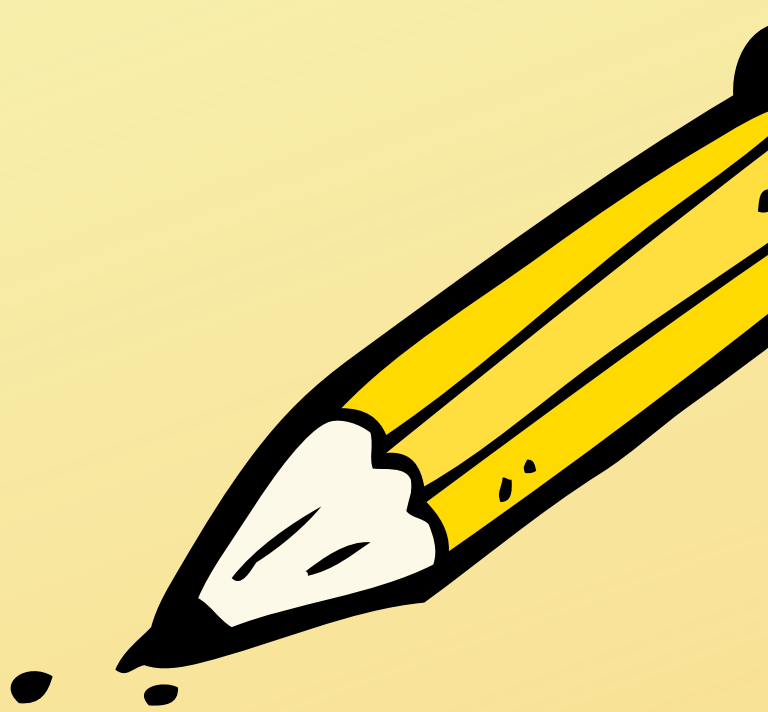
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Show enjoyment of an activity

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Connect with your senses



Body.

Learn to read your body
Redefine your self image
use movements to help relax
try ways of removing built up
tension

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Perception

Re-frame thoughts and event
to give a different
understanding

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Be present in the moment

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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explore new sound, smells
and sensations

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Connect with your senses



Boundaries

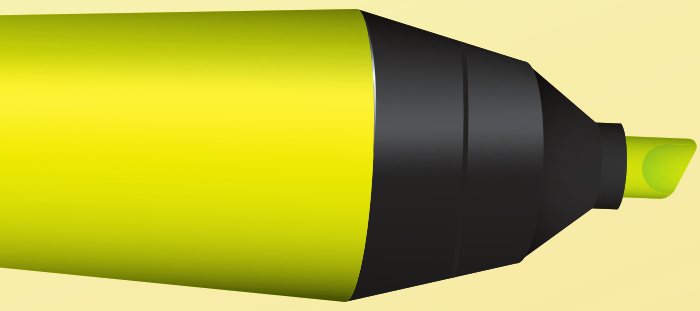
Respect other boundaries
explore your personal space
discover more about personal
boundaries

Emotions

recognise when you are not in
control
seek out help when you are
losing control
regulate your emotions with
the help of a staff member
regulate yourself after losing
control
use ways to prevent yourself
losing control



Prepare for



school

Improve your attendance

eat healthy

improve your sleep pattern

Focus more in lessons

Follow the school routine

Relationships

Make new friendships

Reconnect with teachers

Show respect to school staff

the future

Set goal for the next year

List events you are looking forward to

Make a plan to achieve your dreams

enjoy yourself

A handwriting practice sheet featuring a 10x3 grid of empty rectangular boxes. The boxes are arranged in three vertical columns and ten horizontal rows. Each box is defined by a thick black border. The background is a solid yellow color. The boxes are intended for practicing the formation of the letter 'a' in a cursive script.

Learn,
Remember,
Achieve