

# My Learning Story

A one-page snapshot of who I am, how I learn, and what helps to support me at school.

**About me:**

**My name:**

**How I learn best:**

**What gets in the way:**

**My grown-ups want you to know...**

**What supports me best:**

**One thing I want my teachers to know...**



**minds in bloom  
learning**

# My Learning Story

A one-page snapshot of who I am, how I learn, and what helps to support me at school.

## About me:

- My favourite things and deep interests
- What I enjoy communicating/sharing about
- Things I feel proud of
- If I like working with others or on my own

## My name:

## What gets in the way:

- Sensory triggers (noise, touch, smell, movement, light)
- Signs I'm feeling overwhelmed
- Eg. unexpected changes, too many verbal instructions, etc.

## How I learn best:

- How I communicate (words, visuals, gestures, AAC/device)
- How I understand instructions (1-2 step, modelling, visuals)
- How I like to show my learning
- What helps me stay focused or engaged

## What supports me best:

- Strategies that help me feel calm or regulated
- Movement or sensory tools that support me
- What helps me to understand a task or routine
- What helps me transition between activities
- What adults can do to help me engage

## My grown-ups want you to know...

- One short sentence about something important for my teacher to understand

## One thing I want my teachers to know...

- One short sentence about what helps you feel calm, connected, or ready to learn
- What I need when I feel overwhelmed
- What helps me understand instructions