

## How has my week been?

During this period there is a lot of change and uncertainty and even with the best of intentions and clearest structure, things do not always go to plan, and this is okay. We need to be flexible, adapt and learn from these experiences, however, for some autistic people this might be difficult.

The tool below can be used to help focus discussion, support people to think about a particular situation during their week and plan for change. The questions can be answered by more than one person allowing families to bring together their learning from different perspectives, or this can be completed individually and then shared with family if this is preferred.

This tool is not specific for home learning and could be used for any aspect of life, it also doesn't have to be used every week.

Here is an example of how you can use the tool below:

### **What have I tried this week?**

Learning at home

Following my school timetable

### **What has gone well this week? What has helped me this week?**

Taking breaks

**What am I pleased about this week?**

I completed revising a science topic

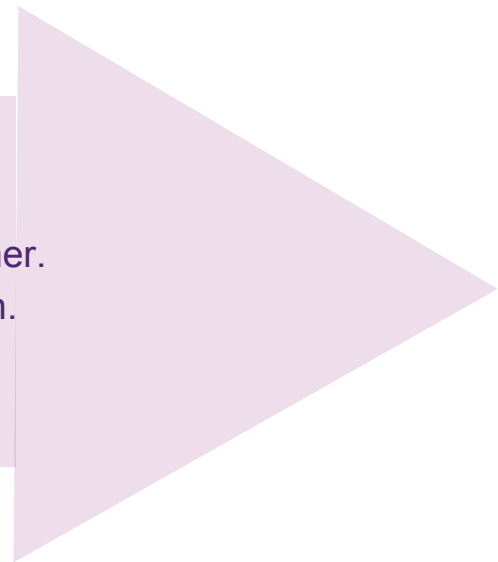
**What am I concerned about this week?**

Struggling to concentrate due to brother also being home.

Being able to study certain subjects – I don't have the resources!

**What shall I try next week?**

See if I can study in another room away from my brother.  
Incorporate more breaks to help with my concentration.  
Talk through my timetable with mum to see what to do about certain subjects.



# Template

**What have I  
tried this week?**

**What has gone well this  
week? What has helped  
me this week?**

**What am I pleased about  
this week?**

**What am I concerned about  
this week?**

**What shall I try next week?**