

How Teachers Can Help Me

Authored by

HOW TO USE THIS BOOKLET

You know a lot about how you learn best. This book gives you a way to share what you know. Here is how it works:

1. Ask an adult to help you, or fill out this booklet by yourself. It should take about 20 minutes.
2. Take a moment and think about times when you have been frustrated or needed more help. Also, think about things people did that you made you feel better and more able to work in school.
3. Put a check mark (✓) next to the items you believe would be help you in school. If you read an item that sounds great but is something you don't necessarily need, then leave it blank.
4. When you complete the booklet, tell your teacher it is finished. Your teacher will make a copy and let you keep this one.
5. Keep this book in a safe place.
6. When you get a new teacher, show the teacher this book.
7. Ask the teacher to make a copy. That will help them remember how to help you.

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1. ____ Ask me how my day has been and let me go speak with my counselor if I need to.
 2. ____ Check to make sure I am prepared. Do I have the materials required?
 3. ____ Ask if there is anything I need and how I am feeling that day.
 4. ____ Tap my desk or walk by if it looks like I'm not paying attention.
 5. ____ Stay close to me so that I can stay focused more easily.
 6. ____ Check to make sure that no one is teasing me.
 7. ____ I enjoy adult attention – it makes me happy.
 8. ____ Let me pick what I want to do sometimes.
 9. ____ Help me choose healthy things to eat that I like.
 10. ____ If I can't do the activity, give me something else to do.
 11. ____ Give me a choice in what activity I will do so that I'm more comfortable.
 12. ____ Give me a choice in what I make or how I make something.
 13. ____ Let me choose if I'd like to work with a friend. Sometimes I will enjoy this and sometimes I won't.
 14. ____ We can come up with a signal that I can use to let you know when I'm overwhelmed and need to move.
 15. ____ Offer me short frequent breaks.
 16. ____ Let me use a stress reliever (stress ball, keeping water at my desk).
 17. ____ Let me run before gym if I have a hard time controlling my emotions.
 18. ____ Let me assist with passing out materials.
 19. ____ When I need to study, let me and a buddy work together to remember things.
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20. ____ If we are having small group discussion let me pick my group.
 21. ____ I feel more comfortable when I can think out loud.
 22. ____ If I have to leave class, allow a friend to go with me if I'm feeling uncomfortable.
 23. ____ Sometimes a friend may need to help me get ready; make sure that I have everything I need.
 24. ____ Be sure I am in a small group setting with well-behaved peers.
 25. ____ Offer me a goal to reach along with an incentive to learn.
 26. ____ We can agree on a number of times I'm allowed to talk.
 27. ____ If I forget items I need for class, just give me the things I would need to avoid conflict.
 28. ____ Talk to me while I have to wait – it helps distract my thoughts.
 29. ____ Teach me to keep thinking about other things to avoid feeling bored.
 30. ____ Give me something to hold to keep my hands busy and off of others.
 31. ____ When in line, tell me to be patient and count how many people are in front of me, and then anticipate when it will be my turn.
 32. ____ Give me a special job to do.
 33. ____ Please don't make me stand in line longer than five minutes.
 34. ____ Make sure that I am engaged in an activity.
 35. ____ Ask my parents to check and sign my notebook every day, so they can remind me if I forgot something.
 36. ____ Check my parent log in the morning and when I leave for home.
 37. ____ Assign routine simple work for me to help the classroom.
 38. ____ Bring me into an activity that you know I like to focus on.
 39. ____ Try to ask me questions pertaining to what I need to remember throughout the day.
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40. ____ Ask me about my ideas if I am quiet and do not participate.
 41. ____ Ask me some questions, which you are sure that I know the answers to.
 42. ____ Ask me if I have any questions so I can concentrate and keep focus better.
 43. ____ Make questions on the test like the ones we use to practice.
 44. ____ Don't assume that because I didn't raise my hand that I don't have a question.
 45. ____ Remind me to let everyone voice their own opinion.
 46. ____ Use an object to remind me that the person with the object is the only person that should be talking.
 47. ____ Encourage the whole class to be respectful of what other students say.
 48. ____ Role play a situation where I did not do well or reacted inappropriately (it helps me learn better).
 49. ____ Show me how to use materials the right way.
 50. ____ Write down the stuff on the blackboard and ask me to jot down in my notebook.
 51. ____ Show me how to make a to-do list for my homework.
 52. ____ Give me a folder that I can use to keep track of what I need to remember. Help me to make lists.
 53. ____ Print out a copy of a study guide or the Power Point Slides if you are presenting information.
 54. ____ Offer me a pencil and encourage me write or draw pictures about what you are saying.
 55. ____ Make sure I have cleaned my working space.
 56. ____ Remind me where everything goes by having the places labeled.
 57. ____ If you notice me standing up and sitting down please try to ignore it, or simply put your hand on my shoulder, reminding me of the appropriate behavior.
 58. ____ I may try to get your attention by doing things I should not do. Please ignore this behavior.
 59. ____ Let me sit and calm down.
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60. ____ Don't call on me unless I raise my hand and am ready.
 61. ____ Be patient with me if I am having a hard time getting comfortable.
 62. ____ Please do not argue back when I argue over small stuff, it makes me argue more.
 63. ____ If I begin talking, prompt me once.
 64. ____ Let me know that although I may not have the energy, I need to at least try to participate.
 65. ____ Tell me to try the activity, even if I don't think I'd enjoy it.
 66. ____ I need constant prompts to remember expectations.
 67. ____ Give me only a few directions at a time.
 68. ____ Greet me and make sure I know what to do right away.
 69. ____ Put the schedule on the board for the class so I know what's coming.
 70. ____ Let me know the schedule/routine for the day and tell me about any schedule changes.
 71. ____ Let me know ahead of time when we'll be having group discussion and also what we'll be talking about.
 72. ____ Please warn me before so that I know I will have to sit for a long time.
 73. ____ Let me know where I should be going next.
 74. ____ Clarify the rules of the class and the school.
 75. ____ Post the rules on the walls or other places so I can see them.
 76. ____ Make sure they are the same rules every day so I know what to expect.
 77. ____ I have difficulty following directions sometimes.
 78. ____ Tell me why these are the rules; I understand that safety is important.
 79. ____ You can ask me to demonstrate the rules.
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Keep going – you are over half way finished!

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80. ____ Give me a signal if I am doing well at the beginning of class
 81. ____ When I remember my things, remind me that I did something well.
 82. ____ Don't forget to tell me the things I'm good at.
 83. ____ Some days I might have a poor outlook on school and my work.
 84. ____ I need praise often to feel better about the work I am doing.
 85. ____ Tell me that I played the best I could and let me know that is good enough.
 86. ____ Tell me I did a good job for trying and I should try again next time.
 87. ____ In class, remind me to raise my hand before speaking.
 88. ____ If I get excited about what we are talking about, remind me to stay in my seat and wait my turn.
 89. ____ Help me to stay focused on the topic.
 90. ____ If you think I will mess up, tell me.
 91. ____ If I have to leave the room, tell me where I am going and who I'll need to talk to.
 92. ____ Lay out the consequences and rewards ahead of time so I know what to expect.
 93. ____ Tell me what supplies I am allowed to use.
 94. ____ Give me a "heads" up when it's almost time to leave.
 95. ____ If you see me doing a ritual or repeating phrases over and over, please show me our special sign, which will remind me to stop.
 96. ____ Let me give you a signal that no one will notice if I feel like losing control.
 97. ____ Give me a stress ball or something else quiet that will keep me from tapping or moving around so much.
 98. ____ When I am behind on my work, don't let my friends know, but help me catch up. Use some strategies to get my attention (clap hands or blow whistle).
 99. ____ Give me a signal so I know when to be quiet.
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100. ____ Let me raise my hand when I'm ready; please don't call on me when I don't raise my hand.
 101. ____ Let me write down my thoughts and questions if I'm not ready to speak in front of the class.
 102. ____ Use my picture cues to let me know what our next activity will be.
 103. ____ Let me give you a signal that no one will notice that I understand the rules, instead of picking on me in front of everyone.
 104. ____ I would like to create a special sign that I can use with each of my teachers, which will help to remind me to focus.
 105. ____ Ask me to write my peer's answers on the board.
 106. ____ Have me sit close to the front of the classroom to keep my attention.
 107. ____ Assist me with setting up my desk and area.
 108. ____ Sit me away from my peers so that I do not become distracted.
 109. ____ Let me work alone in an area I can call my own.
 110. ____ Keep the classroom quiet without other distractions.
 111. ____ Allow me to take the test in a different room or after school.
 112. ____ Make sure I am sitting with others and not sitting alone.
 113. ____ Don't force me to sit with others if I'm not ready.
 114. ____ Arrange the seats so I can sit with peers who know me better.
 115. ____ Make sure I have a space where I can stand without being touched, or touch others.
 116. ____ Put me next to the door so I can leave if I feel myself losing control.
 117. ____ Give me time to get into the classroom and warm up to you.
 118. ____ Don't rush me; give me time to think and answer.
 119. ____ If I become over stimulated, ask me to take some time away.
 120. ____ Cut a long lecture into short parts.
 121. ____ Tell me how long I have to listen.
 122. ____ If I have to be quiet, tell me how long until I can talk.
 123. ____ Allow me to check over my answers before I turn it in.
 124. ____ Give me a warning when the next thing is coming up.
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Congratulations! That was a lot of work. Be sure to share this with your teachers.