



What Might Be Getting in the Way?

Tick anything you think may be contributing to the challenges your child is facing right now.



 Anxiety	 Sensory Differences	 Executive Function	 Communication Differences	 Burnout or Low Mood
☐ Fear of failure ☐ Uncertainty ☐ Social anxiety ☐ Separation anxiety ☐ Worrying ☐ Other:	☐ Noise ☐ Clothing ☐ Food textures ☐ Crowded spaces ☐ Bright lights ☐ Smells ☐ Touch ☐ Other:	☐ Starting tasks ☐ Organisation ☐ Time awareness ☐ Memory ☐ Planning ahead ☐ Switching between activities ☐ Other:	☐ Explaining feelings ☐ Understanding others ☐ Finding words ☐ Processing information ☐ Other:	☐ Exhaustion ☐ Burnout ☐ Low mood ☐ Feeling overwhelmed ☐ Lack of motivation ☐ Other:
 School Demands	 Sleep	 Friendships	 Identity	 Other Factors
☐ Too much work ☐ Too much pressure ☐ Difficult environment ☐ Transitions ☐ Bullying ☐ Other:	☐ Difficulty falling asleep ☐ Waking during the night ☐ Irregular sleep patterns ☐ Sleep reversed ☐ Not getting enough sleep ☐ Other:	☐ Finding friends ☐ Keeping friends ☐ Conflict ☐ Feeling different ☐ Online vs in-person ☐ Loneliness ☐ Other:	☐ Gender identity ☐ Culture ☐ Neurodivergence ☐ Sexuality ☐ Belonging ☐ Other:	☐ ☐ ☐ ☐ ☐ ☐



Other factors to consider

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