

Keep your things safe at school

School is a busy place, and everyone has things to keep track of. The goal? Make it easier to know where your things are so you can feel calm and confident during the day.

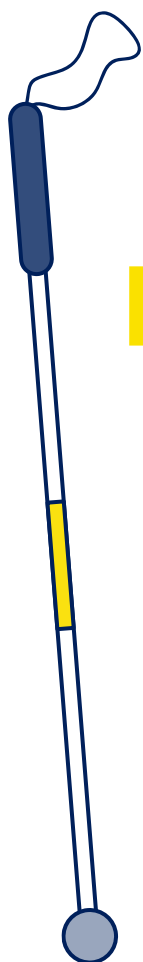
Simple ways to stay organised

- Keep your things in the same place each day
- Put items back straight after you use them
- Use the same bag or container for school items
- Check you have everything before moving to a new room.



Make things easier to suit your vision

- Use labels, textures or different colours to tell your things apart
- Keep important items (like your cane or assistive technology) in the same spot that is safe, like in your school bag or the teacher's office
- Use a consistent routine so you always know where to look first
- Ask for help setting up systems that work for you.



During the school day

- Do quick check-ins of your things during the day (after lunch, after class, right before home time)
- Take your time when packing up
- Ask a teacher or friend to help if you can't find something
- Remember it's okay to stop, take a breath and start again if things get messy.

One thing for you to do

Choose one important thing and give it a special spot.

You've got this

It's okay if things feel tricky at first. Ask for help when you need it, take your time and remember that learning new things takes practice. Everyone loses things sometimes don't worry if you do too.

