Lynn McCann – Autism Specialist teacher

Key Skills for secondary school – things you can learn before you go.

1. **Getting organised** –
   Make yourself (or with your parents or carers) a checklist.
   - You could have a morning one – things you need to take with you
   - You could have an evening one – homework and things to get ready for the next day.





2. **Packing a bag** – look at these pictures on https://www.wikihow.com/Category:School-Backpacks-and-School-Bags with all the instructions to help you.

3. **Filling in a homework diary**. Ask the school to send you one or get a notebook and ask your parents or carers to give you instructions to write in yourself each day. Then get used to checking it to tick off what you can get done.



4. When it is safe to do so, practice travelling your route to school.



Ask your new school if there is anything else they would suggest you could practice.