

Date: _____

Student Name: _____

How ready are you to return back to J. B. Martin?

Extremely	Anxious			Somewhat	Nervous			Confident	& Ready
1	2	3	4	5	6	7	8	9	10

Looking back at your time at ADAPT, what is something you learned?

What is your primary trigger at J. B. Martin?

- ☐ Large crowds / hallways
- ☐ Unstructured time / lunch
- ☐ Specific class subject stress
- ☐ Peer interactions
- ☐ Adult authority figure(s)
- ☐ Other: _____

When you feel yourself getting frustrated, overwhelmed, or angry in class, what is the best thing a teacher can do to help you calm down?

- ☐ Offer a quick break / walk
- ☐ Allow me to take a break in class to write / draw
- ☐ Remind me to try deep breathing exercises
- ☐ Other: _____

What is one goal you have for yourself as you come back to J. B. Martin?

What is something you want your teachers to know about you as you start fresh this week?
