

## My School Sheet

This is a sheet that you can fill out with your parents, and share with your health professional. It will help your parents and your health professional learn more about what school is like for you and ways that they can help you feel good about school and learning.

### FUN AND LEARNING OUTSIDE OF SCHOOL

Things I am good at doing:

---

---

---

Things I would like to learn/read about with my family:

---

---

---

Places I would like to visit with my family (ideas: parks, museums, libraries):

---

---

---

### MY FRIENDS

Friends who go to my school:

---

---

---

Friends who live near me:

---

---

---

Things I like to do with my friends in school:

---

---

---

Things I like to do with my friends outside of school:

---

---

---

### GOALS FOR SCHOOL

#### Early Elementary School (K-3)

What I am learning to do:

---

---

---

What I am good at:

---

---

---

*(continued on next page)*

*My School Sheet (continued)*

What is harder for me:

---

**Late Elementary School (4–6)**

My subjects:

---

---

Grades my parents expect me to get:

---

Grades I want to get:

---

Grades I think I'll get:

---

**STUDY TIME**

Places that are comfortable for me to do homework:

---

Favorite times of the day to study:

---

Things that make it hard for me to study:

---

**ABOUT MY SCHOOL**

Activities I enjoy most at school:

---

How often my parents and teachers talk together:

---



*Cite as:* Spratt E. 2002. My school sheet. In Jellinek M, Patel BP, Froehle MC, eds., *Bright Futures in Practice: Mental Health—Volume II. Tool Kit*. Arlington, VA: National Center for Education in Maternal and Child Health.