

# **‘I Can Plan’ – Template**

Struggles and challenges are normal and part of everyone’s lives. This template has been designed to:

- Assist children and parents/guardians to identify, celebrate and build on strengths
- Help children and parents/guardians to work together to come up with ideas relating to addressing particular struggles
- Provide clear information about what each ‘party’ can do to consistently respond to struggles
- Focus on one particular struggle. Eg. ‘I can sleep in my own bed’, or, ‘I can be ok when I am away from Mum/Dad/Guardian.’

## **Important things to note:**

- This plan needs to be done with the child and mainly include their ‘voice’. It can sometimes be hard as parents/guardians to listen and not verbally encourage the child to ‘add more’. For example, if a child only chooses one thing that he/she enjoys about school, don’t push him/her to come up with more. It is about the child feeling heard as much as it is about them being heard.
- This plan needs to be written in the ‘first person.’
- This plan is not ‘set in concrete’, rather a ‘let’s see how it goes’ and review.
- Ideally this plan will fit on 2 pages (one double sided). It can then be laminated or put in a plastic pocket making it easy to refer to
- Just as the child has input, so do parents/guardians. It is important that this is tailored to the context and reflective of what parents/guardians are willing to do to support the child.
- It is important to ‘check in’ with the child to ascertain if the ‘I Can Plan’ is proving to be helpful. If it is, encourage your child to ‘keep going’ with it. If not, arrange to talk with your child to adjust it.

The below plan contains examples of things that you/your child might want to include. The content of the plan needs to be directly linked to the ‘struggle’ that you are focussing on and include strategies that you and your child come up with together.

# **Title - My 'I Can (Insert action here. Eg. Stay in my bed at night, do activities while Mum is working, be ok to go back to school etc)' Plan – Child's Name**

**My top 4 character strengths are:**

Under your supervision, help your child to do the [Youth VIA Character Strengths survey](#) and identify their top 4 strengths

- 1.
- 2.
- 3.
- 4.

**At home I really like (Try to encourage your child to identify at least one):**

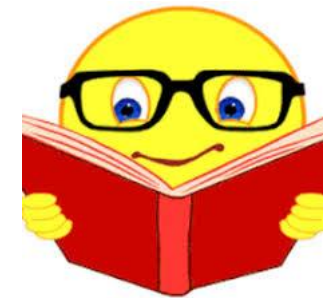
- Jumping on the trampoline
- Getting my work done in the morning
- Watching TV

**At school I enjoy (Try to encourage your child to identify at least one):**

- Performing Arts
- Playing Tennis
- Recess and lunch
- Reading
- Maths

**Some things I find hard or struggle with include (at least one):**

- Keeping busy while Mum is working
- Feeling ok when I make a mistake
- Going back to school



When working on this with the child, get them to choose images that they would like on the plan. These can simply include pictures of things that they like. You can also choose images with the child that represent the words on the plan. This is particularly helpful for young children.

**If I am struggling, I can:**

1. Use my strength of \_\_\_\_\_ to \_\_\_\_\_
2. Use my strength of \_\_\_\_\_ to \_\_\_\_\_
3. Use my strength of \_\_\_\_\_ to \_\_\_\_\_
4. Use my strength of \_\_\_\_\_ to \_\_\_\_\_
5. Talk to **(Name of parent/guardian)** about how I am feeling
6. Cuddle my teddy for a few minutes
7. Listen to music for a few minutes
8. Do some deep breathing
9. Draw a picture
10. Think of 3 things I am grateful for
11. Do some exercise in the backyard

**If my **(Name of parent/guardian)** knows that I am struggling, he/she can:**

- Ask me how I am feeling
- Suggest that I get a drink of water
- Help me with my school work when they can
- Remind me of the strengths that I have and help me to use them
- Sing in the car on the way to school to help me to feel more relaxed
- Do some deep breathing with me
- Help me to come up with a plan of how to solve a problem
- Encourage me to do some exercise
- Hold my hand for 5 minutes at night before I go to sleep

**Understanding**

- I understand that I am valued
- I understand that everyone is valued
- I will try my best to follow this plan.
- I understand that if this plan is not working well for me, **(Name of parent/guardian)** will help me to come up with new ideas.
- At the moment I feel happy with this plan.