

Benmore

I am going for a residential school trip to Benmore. I am going to have a different routine and I will also have lots of fun.

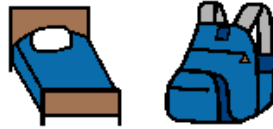
Here are some reminders to help me manage my time away.

I must be ready

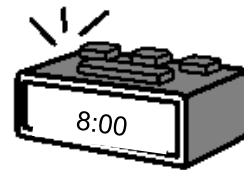
I must listen to instructions so I know what to do next.



I must keep my belongings organised so I know where to find all of my things.



I must be ready on time so that I can start my activity on time.



I must be respectful

I must listen to the adults. The adults are in charge.



I must look after the buildings, environment and equipment.



I must speak when it is my turn and I must give others the chance speak.

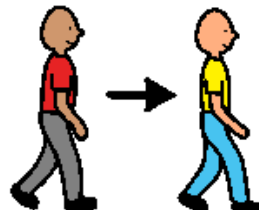


I must be safe

I must tell an adult if I am finding something difficult.



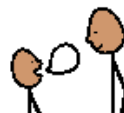
I must follow ALL adult instructions.



I must keep my hands and feet to myself.



If I need to go somewhere, like the toilet, I must tell an adult first.



During Activities...

If I don't want to do an activity I can sit and watch or do something from my kit bag which my mum given me. The bag will contain things I like.




I don't have to do an activity if I don't want. Some activities might be too tricky for me.



BUT there are some activities, like caving and cycling, that If I start then I will have to finish...

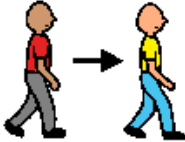



At all times...



BE SAFE.




I must follow ALL adult instructions.





Speak respectfully to others.

Use regulation strategies if I am not feeling calm.

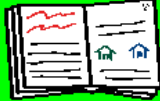


In the dining hall...


If the dining hall is too noisy, I can sit and eat my food somewhere else that is quiet.
An adult will sit with me to keep me company.



In my free time I can...



Read a book or comic



Play a game