

Pattern spotting



Use this checklist to look for patterns over several days or weeks.
Patterns tell the story better than one-off difficult mornings.

1



When did it happen?

Tick all that apply.

- | | |
|--|---------------------------------------|
| ☐ Morning before school | ☐ At school |
| ☐ On the way to school | ☐ After school |
| ☐ Evening / bedtime | ☐ Weekends |
| ☐ School holidays | |

Notes / examples

2



What happened just before?

Tick all that apply.

- | | |
|---|---|
| ☐ Rushed / time pressure | ☐ Change in plan |
| ☐ Poor sleep | ☐ Unfamiliar event |
| ☐ Homework / schoolwork | ☐ Conflict |
| ☐ Other _____ | |

Notes / examples

3



Sensory or social demands

Tick all that apply.

- | | |
|---|---|
| ☐ Noise | ☐ Social interaction |
| ☐ Bright lights | ☐ Group work |
| ☐ Crowds / busy spaces | ☐ Unstructured times |
| ☐ Other _____ | |

Notes / examples

4



Physical symptoms

Tick all that apply.

- | | |
|--|---|
| ☐ Headache | ☐ Muscle tension |
| ☐ Stomach ache / nausea | ☐ Fast heartbeat |
| ☐ Tiredness | ☐ Other |
| ☐ None noticed | |

Notes / examples

5



What helped or made it harder?

Helped (tick all that apply)

- ☐ Calm routine
- ☐ Extra time
- ☐ Sensory tools / breaks
- ☐ Reassurance / connection
- ☐ Other _____

Made it harder (tick all that apply)

- ☐ Time pressure
- ☐ Noise
- ☐ Social demands
- ☐ Homework pressure
- ☐ Other _____

Notes / examples

6



What did school notice?

Tick all that apply.

- | | |
|---|--|
| ☐ Pulled out of class | ☐ Physical symptoms |
| ☐ Difficulty concentrating | ☐ Meltdowns / shutdowns |
| ☐ Avoiding tasks | ☐ Nothing unusual |
| ☐ Withdrew from friends | ☐ Other _____ |

Notes / examples



Look for patterns, not perfection.

Share what you notice with someone you trust –
teacher, SENCO or a health professional.

*You know your child best.
Your observations matter.*

