The Four Pillars: Conversation Guide

When School Feels Impossible • Editable resource for families and professionals in Wales

How to use this

Use these prompts with your child, family or school to explore what might be making participation difficult. They are conversation starters, not a diagnostic assessment. Ask the child how they would like their views included.

Psychological — thoughts and feelings

What worries or thoughts come up around school?

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When does your child feel more confident or understood?

Biological — body and energy

What changes do you notice in sleep, energy, appetite, pain or sensory comfort?

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Are there health concerns to discuss with a qualified professional?

Environmental — surroundings and demands

Which places, people, transitions or demands feel easier or harder?

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What adjustments might reduce stress?

Behavioural — patterns and responses

What happens before, during and after difficult moments?

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What might the behaviour be communicating?

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Which adult responses seem to help?

Agree one manageable next step

What will we try?

_____

Who will help?

_____

When will we check whether it helped?

_____

What does our child think about this idea?