

Support & Growth Plan

Purpose: This form is used when a student needs a little more structured support to be successful in an activity — not as a punishment, but as a plan for success. It gives the student clear guidance and helps families understand how the school will support them moving forward.

Why this is important: Younger students often need coaching in teamwork, listening, big emotions, or self-regulation. A supportive plan ensures the student stays included while they build skills.

Student Name: _____ **Program/Activity:** _____

Date Plan Created: _____ **Staff/Coach Creating Plan:** _____

Area Where Support is Needed

(check all that apply)

- | | |
|---|---|
| ☐ Listening and following directions | ☐ Staying safe with equipment or space |
| ☐ Patience / waiting turn | ☐ Staying focused during instruction |
| ☐ Encouraging teammates | ☐ Being kind and respectful |
| ☐ Handling frustration or disappointment | ☐ Other: _____ |

What Support Will Look Like

- | | |
|--|--|
| ☐ Gentle reminders / visual cue | ☐ Extra modeling or demonstration |
| ☐ Clear instructions in smaller steps | ☐ Peer support / buddy system |
| ☐ Check-in before or after practice | ☐ Parent update/support |
| ☐ Designated calming/reset break spot | ☐ Other: _____ |

Student Voice (plain language reflection)

(Staff may assist writing this down if student is too young to do so)

“My goal is...”

When We Will Check Progress

- | | |
|---|--|
| ☐ Next practice | ☐ Before the next game |
| ☐ End of this week | ☐ After we try new supports |
| | ☐ Other: _____ |

Family Involvement (if needed)

- | | |
|--|--|
| ☐ Parent/guardian informed by staff | ☐ Short follow-up meeting if helpful |
| ☐ Quick touch-base requested | ☐ No family contact needed at this time |

Staff/Coach Signature: _____ **Date:** _____

Optional Parent/Guardian Signature

(I understand the plan and support steps)

_____ **Date:** _____