SCHOOL ATTENDANCE AND ANXIETY | ENGLAND

After-School Recovery Planner

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A short planner and visual chart to make the transition home calmer, including decompression time, sensory needs and a predictable after-school sequence.

Who this is for

Families whose child comes home exhausted, overloaded, or unable to talk about the day straight away.

What is inside

- An after-school plan
- A visual sequence
- A review box

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

The first hour at home

Many children need recovery time after school before they can talk, do homework, or join family activities. Build a predictable sequence and keep demands low at first.

What arrival usually looks like now

A realistic after-school sequence (for example: bag down, snack, quiet or movement time, then talking)

What we will not ask for in the first half hour, if we can help it

After-school now and next

Use this board for the first steps after arriving home. Adapt the words to your routine.

NOW	NEXT
Place a card or write here	Place a card or write here

These visuals use simple original drawings from My SEND Friend. They are not from a licensed symbol library.

Review after a week

What helped, and what we will change

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- GOV.UK: Children with special educational needs and disabilities (SEND)
- The SEND Code of Practice 2015 (England)
- The school's SEN information report and complaints policy
- Your local SENDIASS service
- IPSEA, for legally based information in England

A reminder about this free pack

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