

I am clever and accomplished – great!

My name is _____. I am in Year ____ and I have dyslexia. To help me with the difficulties this can cause I have a TA to scribe or write things down for me to copy in many of my lessons.



I love the lessons where there isn't much writing or reading, especially _____. This is great. I have a good memory and am also good at _____.



Dyslexia is a condition where clever people find it difficult to organise letters and words in their brain to make them make sense. This can cause lots of difficulties at school when I have to read, write, spell or sometimes in maths too.



When things are difficult I can feel upset, down, grumpy, annoyed and stupid. This is ok. When I feel like this I stop working and I don't want to do any work. I go quiet and hope I won't get attention.



My teachers and teaching assistants help me by scribing for me or writing on a whiteboard so I can copy it from that. A yellow coloured overlay also helps and some teachers print worksheets on coloured paper which helps too. If I am given more time I can usually get the work done. Homework is hard but I'm getting help from my parents. This is good.



When I feel negative about myself and my dyslexia I can try to remember things that make me feel accomplished, happy, proud and calm. Some of these things are...

All pupils have things that are hard for them. Dyslexia is just one thing I have to deal with. I can learn that the effort I put in will be worth it when things get better and I accomplish what I want to do in my life. Sometimes having to overcome hard things makes a person more determined, more clever and more able to do lots of things they never thought they could!



Well done _____. You can do it with all the help you have. Don't forget to ask when you need to and be confident that you will learn to do many things.