

MY IDEAL SCHOOL CARDS

What to expect



A child-led activity for understanding school experiences

What is it?

Ideal School Cards helps adults understand a child's ideas, feelings and experiences of school. There are no right or wrong answers. The child's thoughts matter.

Who may be involved?

A child meets with a trusted adult who wants to listen and learn. This could be a teacher, teaching assistant, psychologist or another trusted adult.

What happens?

Together, the child and adult look at cards about different parts of school. The child can take their time, sort cards into Yes, No orMaybe, and choose the ideas that feel most important.

The child does not have to speak

They can communicate by pointing, drawing, writing, nodding or using a computer or communication device. The adult listens in whichever way works best.

Comfort and breaks

The child can use helpful comfort items, such as headphones, a favourite toy, a drink or a cushion. They can pause, take a short break, come back later or stop for the day.

The activity journey

1. Imagine a pretend school they would not enjoy. It is not real.
2. Imagine their ideal, dream or favourite school.
3. Think about what is already going well at school now.
4. Explore helpful ideas that could make school feel kinder, calmer, safer and more comfortable.

The child's voice matters

The child is an important member of the team. Their ideas help adults understand what matters and may inform positive changes.

Every idea is valuable. Every child belongs.

Listening today can make school a better place tomorrow.